

## AMERICAN RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **LANCE GOUW**

Has Established The

-74 MASTER 1B RAW (2015-2021) 145 KG BENCH PRESS SINGLE LIFT

2014 BENCH NATIONALS (SAN ANTONIO TX) 08/23/2014



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport