

## AMERICAN RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **RYAN INGRAM**

Has Established The

-120 JUNIOR RAW (2015-2021) 210 KG BENCH PRESS SINGLE LIFT

FALL FESTIVAL OF POWER - CARY, NC 11/02/2013



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport