



## CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KAREN PARNOW**

Has Established The

**-76 MASTER 2A**

**Equipped Record (2015-2021)**

**80 KG BENCH PRESS SINGLE LIFT**

Â

**02/11/2012**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport