



## NEW YORK STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**SHARON HERNSTADT**

Has Established The  
**-76 MASTER 5A**  
**Raw Record (2015-2021)**  
**32.5 KG BENCH PRESS SINGLE LIFT**  
**2019 BENCH NATIONALS**  
**08/31/2019**



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

America's Choice Drug-Free Strength Sport