



MASSACHUSETTS STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

KAREN BLESSINGTON

Has Established The

-57 MASTER 1B

Massachusetts Raw State Record (2015-2021)

205 KG TOTAL PUSH-PULL

NOR'EASTER BENCH BASHAND DEADLIFT

02/09/2019



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport