



MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JOHN MILNES

Has Established The

-120 MASTER 3A EQUIPPED RECORD (2015-2021)

156.49 KG BENCH PRESS

HUDSON NATURAL OPEN (HUDSON, WI)

11/10/2007



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport