



## MINNESOTA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN MILNES**

Has Established The

**-120 MASTER 3A**

**Equipped Record (2015-2021)**

**156.49 KG BENCH PRESS SINGLE LIFT  
HUDSON NATURAL OPEN (HUDSON, WI)**

**11/10/2007**



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

America's Choice Drug-Free Strength Sport