



# MARYLAND STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HOWARD STURMAN**

Has Established The

**-83 MASTER 2B RAW RECORD (2015-2021)  
162.5 KG BENCH PRESS SINGLE LIFT**

**MARYLAND STATE BENCHPRESS CHAMPIONSHIPS  
12/04/2021**



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

America's Choice Drug-Free Strength Sport