



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**BILL HELMICH**

Has Established The

**-110 MASTER 4A  
253 KG DEADLIFT SINGLE LIFT**

**IPF MASTERS WORLD CHAMPIONSHIP  
01/01/2013**



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

America's Choice Drug-Free Strength Sport