



# MARYLAND STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**BENJAMIN HOLT**

Has Established The

**-75 TEEN 1**

**Equipped Record**

**155 KG SQUAT**

**Â**

**12/11/1999**



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

America's Choice Drug-Free Strength Sport