



# NEBRASKA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LANA ALLEN**

Has Established The

**84+ OPEN**

**Equipped Record (2015-2021)**

**142.5 KG BENCH PRESS SINGLE LIFT**

**Â**

**06/20/2007**



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

America's Choice Drug-Free Strength Sport