



NORTH CAROLINA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

RYAN INGRAM

Has Established The

**-110 JUNIOR EQUIPPED RECORD
210 KG BENCH PRESS SINGLE LIFT**

**CARY, NC (2013 FALL FESTIVAL OF POWER)
11/02/2013**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport