



## NORTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**RODNEY ALLMAN**

Has Established The  
**-125 MASTER 1A**  
**Equipped Record**  
**275 KG BENCH PRESS SINGLE LIFT**  
Â  
**04/18/2009**



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

America's Choice Drug-Free Strength Sport