



## IDAHO STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**EMMA ADKINS**

Has Established The

**-56 OPEN**

**Raw Record**

**60 KG BENCH PRESS SINGLE LIFT**

**IDAHO STATE CHAMPIONSHIPS**

**04/08/2023**



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

America's Choice Drug-Free Strength Sport