



# MARYLAND STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ALEX HOWE**

Has Established The

**-90 MASTER 3B RAW RECORD  
115 KG BENCH PRESS**

**MARYLAND STATE CHAMPIONSHIPS  
05/20/2023**



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

America's Choice Drug-Free Strength Sport