



## CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KAREN NGUYEN**



Has Established The

**-56 JUNIOR**

**Raw Record**

**90 KG BENCH PRESS SINGLE LIFT  
THANKSGIVING THROWDOWN  
11/11/2023**



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

America's Choice Drug-Free Strength Sport