



## MARYLAND STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**PAUL ALVARAN**

Has Established The  
**-75 MASTER 1A**  
**Raw Record**

**130 KG BENCH PRESS PUSH-PULL**  
**VIRGINIA WINTER WRECKER**

**12/03/2023**



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

America's Choice Drug-Free Strength Sport