



## TEXAS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**GIL MONTES**

Has Established The

**-56 TEEN 3**

**Equipped Record**

**107.5 KG BENCH PRESS SINGLE LIFT**

**Â**

**01/01/2003**



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

America's Choice Drug-Free Strength Sport