



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HO YIN HEUNG**

Has Established The

**-90 JUNIOR HONG KONG RAW RECORD  
245 KG SQUAT**

**JUDGEMENT DAY**

**04/13/2024**



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

America's Choice Drug Free Strength Sport