



## SOUTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**REGINALD MILES**

Has Established The

**-90 MASTER 1A RAW RECORD  
180 KG BENCH PRESS SINGLE LIFT**

**FIT IRON THROWDOWN**

**06/29/2024**



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

America's Choice Drug-Free Strength Sport