



# VIRGINIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MICHAEL NICHOLS**

Has Established The

**-100 MASTER 1A EQUIPPED RECORD  
110 KG SQUAT**

**EQUIPPED NATIONALS  
07/13/2024**



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

America's Choice Drug-Free Strength Sport