



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ARVAL BRIDGES**

Has Established The

**-67.5 MASTER 1A**

**Southwest Regional Equipped Record**

**170.1 KG BENCH PRESS**

**LOUISIANA STATE CHAMPIONSHIPS**

**01/01/1998**



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

America's Choice Drug Free Strength Sport