



CALIFORNIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

MICHAEL HARA

**SUCCESSFULLY SET THE
-74 KG MASTER 3 BENCH PRESS SINGLE LIFT
RECORD OF**

145 KG

**BENCH PRESS NATIONALS
01/27/2024**



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA