



WASHINGTON RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

UMAR ABDULLAH

SUCCESSFULLY SET THE
120+ KG MASTER 1 BENCH PRESS SINGLE LIFT
RECORD OF
260 KG

BENCH PRESS NATIONALS
01/27/2024



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA