



LOUISIANA EQUIPPED  
**RECORD**  
CERTIFICATE

THIS CERTIFIES THAT  
**KNUTE DOUGLAS**  
SUCCESSFULLY SET THE  
-83 KG OPEN BENCH PRESS SINGLE LIFT  
RECORD OF  
**227.5 KG**

EQUIPPED NATIONAL CHAMPIONSHIPS  
05/19/2024

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

