



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

MICHAEL HARA

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

150 KG

2024 IPF WORLD AGE DIVISION BENCH PRESS CHAMPIONSHIPS
05/22/2024



Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA