



MARYLAND RAW

# RECORD

CERTIFICATE

THIS CERTIFIES THAT

**HOWARD STURMAN**

SUCCESSFULLY SET THE  
-83 KG MASTER 3 BENCH PRESS SINGLE LIFT  
RECORD OF

**164.5 KG**

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

A stylized signature of Robert Keller in a dark blue, cursive font.

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

A stylized signature of Bill Helmich in a dark blue, cursive font.

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

