



ARIZONA RAW

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT  
**BARRY UPSHAW**

SUCCESSFULLY SET THE  
120+ KG MASTER 3 BENCH PRESS SINGLE LIFT  
RECORD OF  
**112.5 KG**

POWER IN THE PINES  
09/21/2024



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA