



NATIONAL RAW RECORD  
**RECORD**  
CERTIFICATE

THIS CERTIFIES THAT  
**DANIEL SIDES**  
SUCCESSFULLY SET THE  
-74 KG MASTER 4 BENCH PRESS SINGLE LIFT  
RECORD OF  
**137 KG**

BENCH NATIONALS  
01/09/2026



*Robert Keller*

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ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

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BILL HELMICH

VP, POWERLIFTING AMERICA