



NATIONAL EQUIPPED RECORD

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT

**DANIEL SIDES**

SUCCESSFULLY SET THE  
-74 KG MASTER 4 BENCH PRESS SINGLE LIFT  
RECORD OF  
**150 KG**

BENCH NATIONALS  
01/09/2026



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA