



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD STURMAN

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

155 KG

495 OPEN

07/16/2023

Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA

