



WASHINGTON RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

UMAR ABDULLAH

SUCCESSFULLY SET THE
120+ KG OPEN BENCH PRESS SINGLE LIFT
RECORD OF

245 KG

KILO MASSACRE
10/28/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA