



**CALIFORNIA RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**MICHAEL HARA**

**SUCCESSFULLY SET THE  
-74 KG MASTER 3 BENCH PRESS SINGLE LIFT  
RECORD OF**

**150 KG**

**2024 IPF WORLD AGE DIVISION BENCH PRESS CHAMPIONSHIPS  
05/22/2024**



*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA