



CALIFORNIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

MICHAEL HARA

**SUCCESSFULLY SET THE
-74 KG MASTER 1 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