



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD GORDON STURMAN

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

166.5 KG

**10TH ANNUAL NAPF/FESUPO PAN-AMERICAN REGIONAL BENCH PRESS CHAMPIONSHIP
10/30/2024**



Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA