



MARYLAND EQUIPPED
RECORD
CERTIFICATE

THIS CERTIFIES THAT
SETH HOWARD
SUCCESSFULLY SET THE
-83 KG OPEN BENCH PRESS SINGLE LIFT
RECORD OF
175 KG

BENCH PRESS NATIONALS
02/14/2025

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

