



**IOWA RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT**  
**ALEXANDER SYMONS**

**SUCCESSFULLY SET THE**  
**-93 KG OPEN BENCH PRESS**  
**RECORD OF**  
**167.5 KG**

**POWER EXPRESS PRESENTED BY MPG FITNESS**  
**12/20/2025**

*Robert Keller*

---

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

---

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

