



NATIONAL EQUIPPED RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

DANIEL SIDES

SUCCESSFULLY SET THE
-74 KG MASTER 4 BENCH PRESS SINGLE LIFT
RECORD OF

150 KG

BENCH NATIONALS
01/09/2026



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA