



ARIZONA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
FREDERICK QUARLES

SUCCESSFULLY SET THE
120+ KG MASTER 1 BENCH PRESS SINGLE LIFT
RECORD OF
212.5 KG

BENCH NATIONALS
01/09/2026



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA



Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

