



ARIZONA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

FREDERICK QUARLES

SUCCESSFULLY SET THE
120+ KG OPEN 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

