



**HAWAII RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT**

**AARON MIZUSHIMA**

**SUCCESSFULLY SET THE  
-120 KG MASTER 1 BENCH PRESS SINGLE LIFT  
RECORD OF**

**182.5 KG**

**AGE DIVISION NATIONALS  
05/19/2026**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

