



ARIZONA RAW

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT

**FREDERICK QUARLES**

SUCCESSFULLY SET THE  
120+ KG OPEN BENCH PRESS SINGLE LIFT  
RECORD OF

**222.5 KG**

WORLD CLASSIC & EQUIPPED BENCH PRESS CHAMPIONSHIP  
05/23/2026

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

