



ARIZONA RAW

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT  
**FREDERICK QUARLES**  
SUCCESSFULLY SET THE  
-120 KG OPEN BENCH PRESS SINGLE LIFT  
RECORD OF  
**195 KG**

DUAL IN THE DESERT 2023  
05/21/2023



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA