



ARIZONA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
FREDERICK QUARLES
SUCCESSFULLY SET THE
-120 KG MASTER 1 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