



## MISSISSIPPI STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

**TED LONGO**

Has Established The

**-90 MASTER 2B**

**Equipped Record**

**137.5 KG BENCH PRESS  
EQUIPPED NATIONALS**

*GOD WE TRUST*  
**06/17/2023**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport