

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Ricardo Hernandez

HAS ESTABLISHED A NEW RECORD AT THE

UMWF World Championship
December 7, 2025 - Daytona Beach, FL

IN THE FOLLOWING CATEGORY & DIVISION

79KG MASTERS MEN 35-39

SNATCH

92kg

96kg

CLEAN & JERK

115kg

119kg

123kg

TOTAL

211kg

215kg

219kg



Amanda Cook

Amanda Cook - Mountain South President