



# ASIAN POWERLIFTING FEDERATION

AFFILIATED TO: INTERNATIONAL POWERLIFTING FEDERATION

## CERTIFICATE

No:1118/2021

This is to certify that

**SHAIK SADIYA ALMAS**

of the nation

**INDIA**

has secured **FIRST** Place

in **57KG - JUNIOR**

in the

**ASIAN WOMEN'S EQUIPPED  
POWERLIFTING CHAMPIONSHIPS**

held at : **ISTANBUL, TURKEY**

during **24 - 30 DECEMBER 2021**

**SQUAT[PL] : 167.5 KG [1]**

**BENCH PRESS[PL] : 70.0 KG [2]**

**DEADLIFT[PL] : 162.5 KG [1]**

**TOTAL : 400.0 KG**

**Farshid Soltani**  
President - APF

**Rajesh Tiwari**  
Secretary General - APF