

INTERNATIONAL
RECORDS
BOOK OF RECORDS



CERTIFICATE



RECORD HOLDER
MAAHEE PARMAR

THE WORLD RECORD OF
"MAXIMUM STANDING BICYCLE CRUNCHES
IN ONE MINUTE"
IS ACHIEVED BY
MAAHEE PARMAR (INDIA)
ON 20TH JUNE 2021 AT GODHRA (GUJARAT) INDIA.
SHE DID 151 STANDING BICYCLE CRUNCHES
IN ONE MINUTE

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SALUTE THE TALENT