

MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

-72 MASTER 1A RAW RECORD (2015-2021)
155 KG DEADLIFT

THE SENIOR POWERLIFTING CHAMPIONSHIPS
12/12/2015



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport