

## VIRGINIA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## JON GRUDEN

Has Established The

## -83 OPEN RAW RECORD (2015-2021) 182.5 KG BENCH PRESS SINGLE LIFT

35TH ANNUAL FLORIDA STATE POWERLIFTING CHAMPIONSHIP 05/28/2016



www.usapowerlifting.com America's Choice Drug-Free Strength Sport