

VIRGINIA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JON GRUDEN

Has Established The

-83 OPEN RAW RECORD (2015-2021) 190 KG BENCH PRESS SINGLE LIFT

5TH IPF WORLD CLASSIC CHAMPIONSHIPS - MINSK \ BELARUS 06/15/2017



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport