

## VIRGINIA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **JON GRUDEN**

Has Established The

-83 OPEN RAW RECORD (2015-2021) 480 KG TOTAL PUSH-PULL

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



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport