



CALIFORNIA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JON GRUDEN



Has Established The

**-83 OPEN RAW RECORD (2015-2021)
190 KG BENCH PRESS PUSH-PULL**

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



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport