



MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

**-63 MASTER 1A RAW RECORD (2015-2021)
120 KG SQUAT**

**MINNESOTA LADIES OF IRON
05/04/2019**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport