

## VIRGINIA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## ROBERT FREDRICK

Has Established The

-105 JUNIOR RAW RECORD (2015-2021) 180 KG BENCH PRESS SINGLE LIFT

VIRGINIA LADIES OF IRON AND VIRGINIA STATE CHAMPIONSHIPS 05/04/2019



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport