

## MARYLAND STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **DONALD FROST**

Has Established The

-120 MASTER 4A
Raw Record (2015-2021)
140 KG BENCH PRESS SINGLE LIFT
EXILE BENCH - DEADLIFT RAW OPEN
05/18/2019



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport