

## MINNESOTA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## LARA FRIEDMAN-SHEDLOV

Has Established The

-76 MASTER 1B EQUIPPED RECORD (2015-2021)
170 KG DEADLIFT

2017 MINNESOTA WOMEN'S STATE CHAMPIONSHIP 02/18/2017



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport