



MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

**-63 MASTER 1B RAW RECORD (2015-2021)
375 KG TOTAL**

**MINNESOTA LADIES OF IRON
05/22/2021**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport