



AMERICAN RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

**-63 MASTER 2A RAW (2015-2021)
177.5 KG DEADLIFT SINGLE LIFT**

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



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport