



# MICHIGAN STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**FRED BIRCHMEIER**

Has Established The

**-93 MASTER 1B EQUIPPED RECORD (2015-2021)  
337.5 KG TOTAL PUSH-PULL**

**MI IRONMAN PUSH/PULL OR BENCH ONLY CHAMPIONSHIPS**

**06/04/2016**



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