



# MICHIGAN STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**FRED LAMBERT**

Has Established The

**-75 MASTER 3A RAW RECORD  
60 KG BENCH PRESS PUSH-PULL**

**IRON WORKS OPEN XII**

**08/06/2016**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport