



IOWA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

STAN MINGUS

Has Established The

**-105 MASTER 3A RAW RECORD (2015-2021)
165 KG SQUAT**

**BEST OF THE MIDWEST CHAMPIONSHIPS, CEDAR RAPIDS, IA
10/12/2013**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport