



MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

**-70 MASTER 1B RAW RECORD
365 KG TOTAL**

**MINNESOTA JUNIOR, OPEN AND MASTER STATE CHAMPIONSHIPS
02/12/2022**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport