



# MINNESOTA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LARA FRIEDMAN-SHEDLOV**

Has Established The

**-70 MASTER 1B RAW RECORD  
120 KG SQUAT**

**2017 MINNESOTA WOMEN'S STATE CHAMPIONSHIP  
02/18/2017**



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

America's Choice Drug-Free Strength Sport