



## SOUTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JEFF MONAHOS**

Has Established The

**-100 MASTER 3A**

**Raw with Wraps Record**

**197.5 KG SQUAT**

**PALMETTO CLASSIC**

**07/24/2021**



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

America's Choice Drug-Free Strength Sport