



PENNSYLVANIA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JOSEPH FRENDEL

Has Established The

**-105 TEEN 3 EQUIPPED RECORD (2015-2021)
245 KG DEADLIFT SINGLE LIFT**

**PENNSYLVANIA STATES CHAMPIONSHIPS
03/19/2016**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport