

MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

-72 MASTER 1A RAW RECORD (2015-2021) 120 KG SQUAT

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



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport