



INDIANA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

CIARA LARA

Has Established The

**-52 TEEN 3 RAW RECORD (2015-2021)
50 KG BENCH PRESS SINGLE LIFT**

**2017 CHICAGOLAND WOMEN'S RAW NOVICE
11/05/2017**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport