



# **SOUTH DAKOTA STATE RECORD CERTIFICATE**

**THIS CERTIFIES THAT**

**LIZA VISSER**

Has Established The

**84+ OPEN RAW RECORD (2015-2021)  
265 KG TOTAL PUSH-PULL**

**2017 SOUTH DAKOTA STATE CHAMPIONSHIPS  
03/25/2017**



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

America's Choice Drug-Free Strength Sport