



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KNUTE DOUGLAS**

Has Established The

**-82.5 TEEN 3**

**Equipped**

**306.18 KG SQUAT**

**LA**

**01/01/2009**



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

America's Choice Drug Free Strength Sport