



## TENNESSEE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LISA FRIEDL**

Has Established The

**-72 MASTER 1B**

**Raw Record (2015-2021)**

**75 KG SQUAT**

**SOUTHERN BORDER WARS**

**12/08/2018**



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

America's Choice Drug-Free Strength Sport