



# LOUISIANA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**CJ SHUFORD**

Has Established The

**-59 OPEN EQUIPPED RECORD (2015-2021)  
142.5 KG BENCH PRESS**

**HIGH SCHOOL NATIONALS  
03/28/2019**



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

America's Choice Drug-Free Strength Sport