



# CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JON GRUDEN**



Has Established The

**-83 JUNIOR**

**Raw Record (2015-2021)**

**190 KG BENCH PRESS**

**5TH IPF WORLD CLASSIC CHAMPIONSHIPS - MINSK \ BELARUS**

**06/15/2017**



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

America's Choice Drug-Free Strength Sport