MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

-63 MASTER 1B RAW RECORD (2015-2021)
365 KG TOTAL

MINNESOTA LADIES OF IRON
05/04/2019

USAPL

www.usapowerlifting.com

America's Choice Drug-Free Strength Sport