MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

-76 MASTER 1B EQUIPPED RECORD (2015-2021)
355 KG TOTAL

2017 MINNESOTA WOMEN'S STATE CHAMPIONSHIP
02/18/2017

USAPL

www.usapowerlifting.com

America's Choice Drug-Free Strength Sport