



# WASHINGTON STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MIKE FRYAR**

Has Established The

**-120 MASTER 3A EQUIPPED RECORD (2015-2021)  
380 KG TOTAL PUSH-PULL**

**EMPIRE CLASSIC POWERLIFTING CHAMPIONSHIPS  
05/07/2016**



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

America's Choice Drug-Free Strength Sport