



OHIO STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

NICOLAS IFJU

Has Established The

**-74 TEEN 3 RAW RECORD (2015-2021)
142.5 KG BENCH PRESS PUSH-PULL**

**COLLEGIATE AND JUNIOR NATIONALS
04/08/2021**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport