



# ILLINOIS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**F. HIGGINS**

Has Established The

**-56 MASTER 1B EQUIPPED RECORD  
157.4 KG SQUAT**

**Â**

**12/31/1969**



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

America's Choice Drug-Free Strength Sport