



# VIRGINIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ROBERT FREDRICK**

Has Established The

**-110 JUNIOR RAW RECORD  
292.5 KG SQUAT**

**2019 RAW NATIONALS  
10/16/2019**



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

America's Choice Drug-Free Strength Sport