



MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

**-72 MASTER 1B RAW RECORD (2015-2021)
62.5 KG BENCH PRESS**

**TWIN PORTS RAW OPEN
05/30/2015**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport