



# NEW JERSEY STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**GIDEON ADU**

Has Established The

**-110 OPEN RAW RECORD  
565 KG TOTAL PUSH-PULL**

**MID-ATLANTIC REGIONAL CHAMPIONSHIP  
07/12/2024**



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

America's Choice Drug-Free Strength Sport