



## NEW YORK STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MICHAEL PARRELLA**

Has Established The

**-83 MASTER 3A**

**Raw Record (2015-2021)**

**357.5 KG TOTAL**

**LONG ISLAND CROSSFIT LIMITLESS**

**08/15/2015**



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

America's Choice Drug-Free Strength Sport