



FLORIDA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JOHN LAFLAMME

Has Established The

**-83 MASTER 3 EQUIPPED RECORD (2015-2021)
173 KG SQUAT**

**2015 RAW NATIONALS, SCRANTON, PA
10/16/2015**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport