CERTIFICATE of ACHIEVEMENT

Johannes	Stai

ANATOMY - PHYSIOLOGI - BASICS of TRAINING

ID: 25-4474	*2025-10-19*

BASIC THEORY FOR
GROUP FITNESS INSTRUCTORS

ANATOMY
Skeleton & Joints
Muscles & Soft tissue

PHYSIOLOGI
Breathing - The Heart
Circulation - Energy production

BASICS of **TRANING**
Strength - Endurance
Mobility - Recovery

Through online studies, the student has answered all the study questions correctly and, together with an approved theoretical examination in anatomy, physiology and the basics of training, has thus been approved. Hereby certified by **Improve** Educations.

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