

DIPLOM

Tina Frederiksen

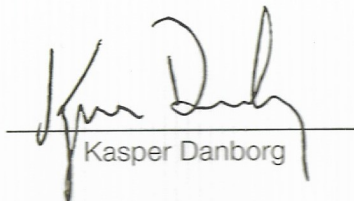
has passed the
CERTIFIED PERSONAL TRAINER
education at Fitness Institute
70 hours + examination

Following topics are examined theoretically and practically

Motivational interviewing · Weight loss management
Periodization · Functional training · Metcons · Advanced programming
Performance and diet · Healthy lifestyle



Henrik Duer



Kasper Danborg

FITNESS
I N S T I T U T E

