

TRAINER CERTIFICATE

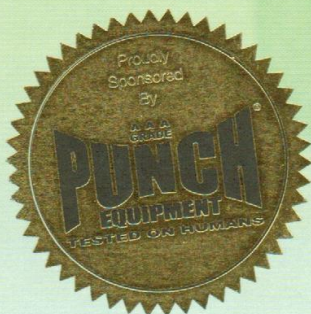
This is to certify that

Courtney Sharpe

on

25th May 2014

has successfully completed the
Punchfit Trainer Course
and has qualified for the award of Punchfit Trainer.



Physical Activity
Australia
Every day, every Australian, physically active
Accredited Program 2012-14

KA 1488
2 x PDP



PP Chyl
Bruce Townhill
Master Khru and Founder

Simon Boyd
Certified Punchfit Presenter
Simon Boyd

AUTHENTIC
PUNCHFIT[®]
SAFETY STARTS HERE[™]

TRAINER CERTIFICATE

This is to certify that

Courtney Sharpe

on

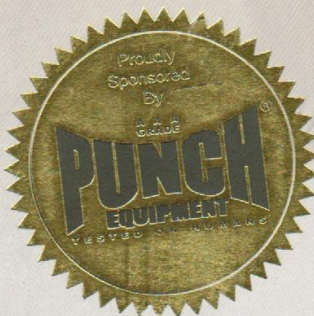
14th September 2014

has successfully completed the
GROUP X[®] BOOT CAMP COURSE and has qualified
for the award of GROUP X[®] KICK TRAINER

Physical Activity
Australia

Every day, every Australian, physically active
Accredited Program 2012-14

KA 1488
1 x PDP



Bruce Townhill
Master Khru and Founder

Certified Punchfit Presenter

Simon Boyd



LEVEL 1

'Fundamentals of Kettlebell Training'

Certificate of Completion

This is to certify that
Courtney Sharpe

has successfully completed the
KETTLEBELLS LEVEL 1 'FUNDAMENTALS OF KETTLEBELL TRAINING' COURSE

Successfully completed on

29th August 2015

Showing competency in the following:

- ▶ Basic understanding of kettlebell principles including biomechanical breathing; neutral spine; intra-abdominal breathing; and irradiation.
- ▶ An understanding and awareness of the safety principles involved in training with a kettlebell.
- ▶ Demonstrating the fundamentals in executing a kettlebell maneuver.
- ▶ Gaining an ability to competently instruct clients in the safety and technical principles of kettlebell training.
- ▶ Demonstrating the ability to execute 17 key kettlebell exercises.
- ▶ Basic understanding of kettlebell programming principles.



Code: 02613FA0713



**AUSTRALIAN INSTITUTE OF
KETTLEBELLS**
KETTLEBELL & FUNCTIONAL
TRAINING SPECIALISTS
www.kettlebellinstitute.com.au