



Balatsinos®
Fitness consulting & courses

This is to certify that

SOTIRIOU ELEFTHERIOS

has successfully attended

MP Sports Performance School®

with a duration of 16 hours, organised by MP Balatsinos,
that started on 03.11.2018 and completed on 04.11.2018.

The course included the following modules:

- *Resistance training programs design*
- *Perception – action coupling in sports*
- *Developmental ages*
- *Adaptation to anaerobic training interventions*
- *Plyometrics*
- *Speed – Agility – Quickness*
- *Restoration of sports injuries*
- *Periodized nutrition*

Balatsinos Michalis
General Manager



Date of certificate issue

05.11.2018

Thessaloniki, Greece