



Balatsinos®

Fitness consulting & courses

This is to certify that

SOTIRIOU ELEFThERIOS

has followed and successfully completed

MP Personal Trainer Basic Course®

with a duration of 65 hours, organised by MP Balatsinos
that started on 10.11.2018 and completed on 13.01.2019

The course included the following modules:

- 01. Basic Anatomy**
- 02. Basic exercise and personal assessment**
- 03. Functional training**
- 04. Coaching & exercise physiology**
- 05. Programming and exercise**
- 06. Fitness management**
- 07. Nutrition & exercise**

Michalis Balatsinos
General Manager



Date of certificate issue

14.01.2019

Thessaloniki, Greece