



Balatsinos[®]

Fitness consulting & courses

This is to certify that

Dimitrios Xanthopoulos

has followed and successfully completed

Personal Trainer Basic Course

organized by MP Balatsinos.

The course included the following modules:

- ◆ *Basic anatomy*
- ◆ *Basic exercise & personal assessment*
 - ◆ *Functional training*
 - ◆ *Coaching & exercise physiology*
 - ◆ *Programming & exercise*
 - ◆ *The role of a personal trainer*
 - ◆ *Nutrition & exercise*
 - ◆ *Musculoskeletal disorders & exercise*
 - ◆ *Senior fitness*

Michalis Balatsinos
General Manager



LIFELONG LEARNING CENTER 1
EOPPEP P.No: 12189/2017, 34539/2017

Date of certificate issue

09 June 2023
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