

This is to certify that

Liz Yochum

has successfully completed the professional development course

Kinetic Link Training

(Functional Strength and Conditioning)

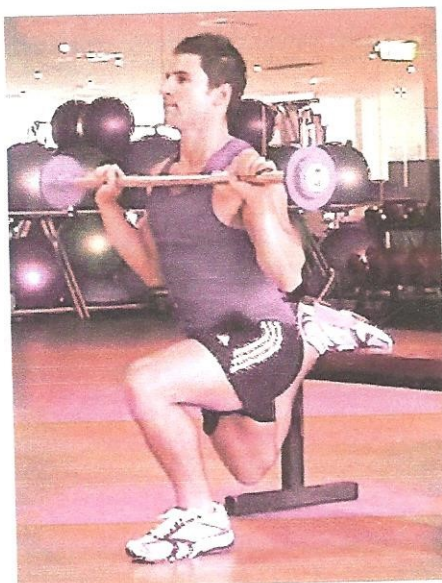
held on 13 + 14 February 2016

hosted by Fitness First - Richmond

Fitness Australia approved program | 03994FA 7 CECs ACE approved course | CEP79286 1.3 CECs

ESSA accredited PDO | PDNF260515 15 CPD points

Physiotherapists and Osteopaths | 15 hours of training for your professional association CECs / PDPs



Participants have demonstrated an ability to:

- ★ Master an array of innovative and effective functional strength exercises - demonstrating an understanding of the kinetic link principle.
- ★ Utilise KLT - a complete, systematic approach to resistance training that ensures biomechanical balance in exercise programs + great results for clients.
- ★ Create unique exercise programs suitable for an entire client base, from rehabilitation to athletes.

presented by Health Adventure Courses

Wayne Rodgers - Sports Physiotherapist