



Get Active Physiotherapy

"The Experts in Exercise Rehabilitation"

1300 89 10 11

getactivephysio.com.au

ABN: 89 086 831 361

ADVANCED RESISTANCE TRAINING WORKSHOP

Registration Training Workshop presented by
Get Active Physiotherapy

Re-Registration Certificate
This is to certify that

Liz Yochum

Completed the Advanced Resistance Training One workshop conducted
on

August 4th, 2005

Topics covered included:

- Muscle physiology
- Long term approaches to resistance training
- Overload systems
- Resistance training for women
- Advanced hypertrophy program design

On behalf of Get Active Physiotherapy, I offer my sincere congratulations to you for devoting your time and energy towards continuing your fitness education.

This certificate entitles the bearer to 4 PDP 's under the code VICFIT
PDP 1031

Best Wishes

Paul G. Wright

St Leonards HQ
Level 1, 2-4 Atchison St
PO BOX 293
St Leonards, NSW 1590
Tel: 9966 9464

Carlingford
Fitness First
Lvl 3, Carlingford Court
Carlingford, NSW 2188
Tel: 9872 8300

Dee Why
Fitness First
800 Pittwater Rd
Dee Why, NSW 2099
Tel: 9907 3066

St Leonards
Fitness First
55 Christie Street
St Leonards, NSW 2065
Tel: 9966 4277

Castle Hill
Fitness First
Lvl 4, Castle Tower
Castle Hill, NSW 2154
Tel: 9680 2422