

bodyweight exercises
bodyweight training

Certificate of Attendance

Bodyweight Training

Presented by Health Conception GmbH and
kettlebellfitness.de

Marcel Schade

attended 4 hours of training at our
bodyweight training workshop

Instructor: Dr. Sportwiss. Till Sukopp

02/02/2013, Cologne/Germany

Content: pulling and pushing upper body exercises, exercises for increased core stability,
knee and hip dominant lower body exercises, metabolic conditioning and program design.

T. Sukopp

Dr. Till Sukopp, Head Instructor