



CERTIFIKÁT

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Retraining certificate

FACE CZECH, s.r.o. se sídlem Nárožní 9a, 158 00 Praha 5 – Stodůlky, IČ: 27194965, DIČ: CZ27194965
Zapsána v obchodním rejstříku vedeném Městským soudem v Praze, oddíl C, vložka 103520
Zařízení akreditováno dne 15.6.2011 pod č.j.: 043/2011-50-A,R

After successfully completing a training program retraining course, pursuant to decree MŠMT
nr.. 176/2009 Sb.,
accreditation of facilities for retraining of job seekers and job seekers

Martina Abukhlal

Born 14.08.1985 Šumperk

graduated from the training program for business activity

Fitness instructor and personal fitness trainer

The course was held in the term : 9.12-16.12.2011,14.1-20.1.2012 - 150 teaching hours:

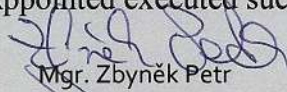
- theory 80 teaching hours
- practice 70 teaching hours

The course included the following items (thematic units):

- foundations of physical activity 40 hours
- conditioning exercises 110 hours

ID: 11475

Appointed executed successfully the final examination on the 9.03.2012 in Prague


Mgr. Zbyněk Petr

chairman of Examination Board

FACE CZECH ACADEMY
FACE CZECH, s.r.o.
Nárožní 2600/9a, 158 00 Praha 5
IČ: 27194965, DIČ: CZ27194965
+420 251 613 085, +420 602 217 007
info@faceczech.cz, www.faceczech.cz

Barbora Rykrová
executive head





Pregnancy and Postpartum Athleticism

This certificate is to attest that

MARTINA ABUKHLAL

has successfully completed the 42 hour online course for coaches and practitioners,
"Pregnancy and Postpartum Athleticism."

Awarded 2019



PREGNANCY & POSTPARTUM

Athleticism

Brianna Battles

Brianna Battles, MS, CSCS
SUPERVISOR

IQ pohyb s.r.o.,
Berlinská 1488/1, 102 00 Praha 10 - Hostivař
IČ: 01301419 DIČ: CZ01301419
issued

CONFIRMATION OF PARTICIPATION
in fitness programme

IQ POHYB AKADEMIE

number 2015/2142

Abukhlal Martina

participated 09. 01. 2015 in a professional course

**PREGNANCY AND
POST PARTUM**

in the range of 10 hours

Mgr. Daniel Müller
trainig instructor


Mgr. Daniel Müller
managing director of academy

IQ pohyb s.r.o.
Berlinská 1488/1
102 00 Praha 10 - Hostivař
IČ: 01401319
DIČ: CZ01401319



CrossFit

FORGING ELITE FITNESS

LEVEL 1
TRAINER
(CF-L1)

THIS LEVEL 1 TRAINER CERTIFICATE IS AWARDED TO

FEBRUARY
28TH
2016

MARTINA ABUKHLAL

WHO HAS FULFILLED THE REQUIREMENTS AND COMPLETED
THE PRESCRIBED COURSE OF STUDY OF
CROSSFIT'S FOUNDATIONAL MOVEMENTS AND METHODOLOGY.

THIS CERTIFICATE GRANTS THE DISTINCTION OF CROSSFIT LEVEL 1 TRAINER (CF-L1).



Greg Glassman, CEO
CrossFit, Inc.



VALID FOR FIVE YEARS
FROM DATE OF ISSUE
89037150



CrossFit

FORGING ELITE FITNESS



THIS LEVEL 2 TRAINER CERTIFICATE IS AWARDED TO

MARTINA ABUKHLAL

WHO HAS FULFILLED THE REQUIREMENTS AND COMPLETED
THE INTERMEDIATE COURSE OF STUDY FOR TEACHING
CROSSFIT'S MOVEMENTS AND METHODOLOGY TO OTHERS.

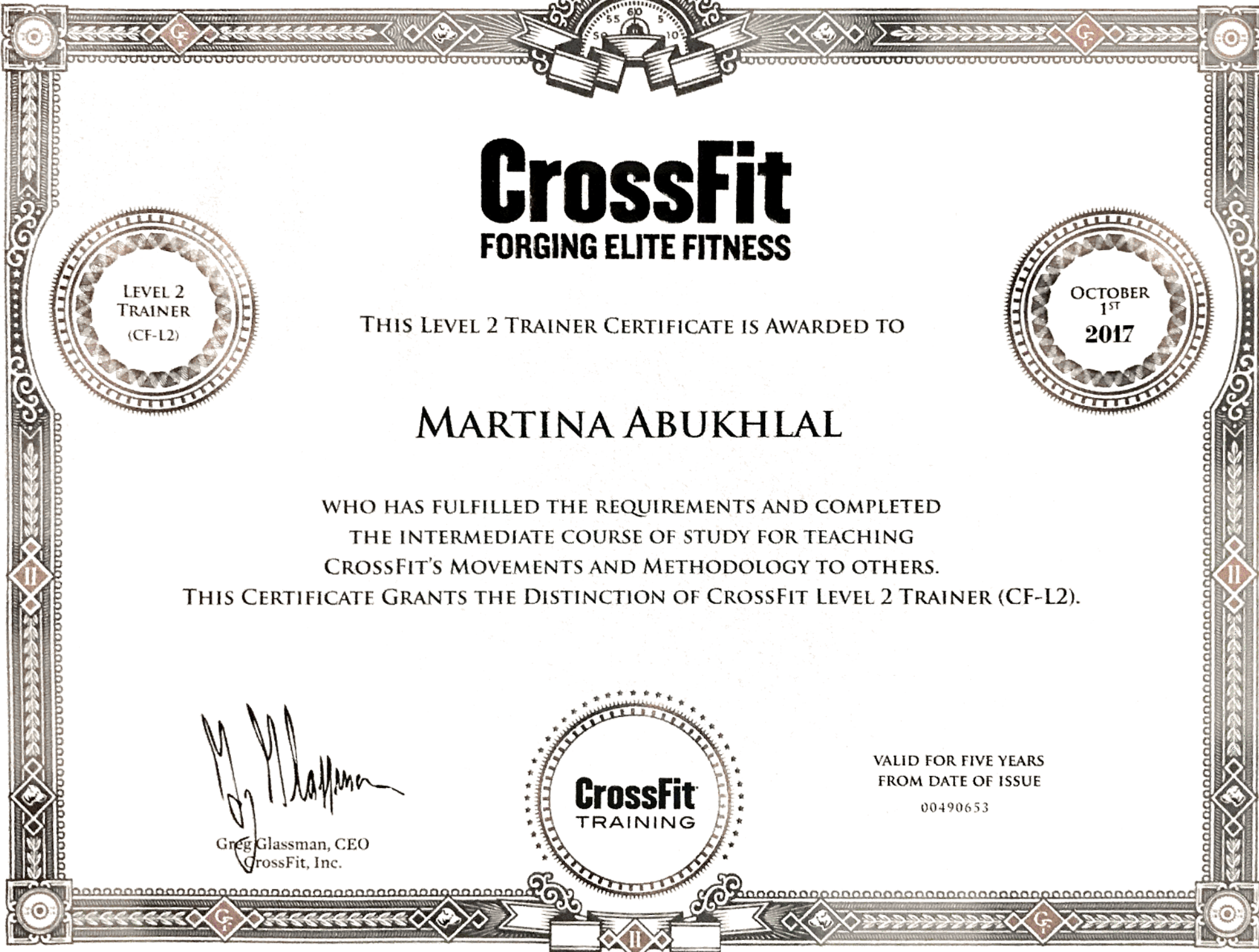
THIS CERTIFICATE GRANTS THE DISTINCTION OF CROSSFIT LEVEL 2 TRAINER (CF-L2).


Greg Glassman, CEO
CrossFit, Inc.



VALID FOR FIVE YEARS
FROM DATE OF ISSUE

00490653





academy
FACE
CZECH
aerobics · fitness · body & mind

CERTIFIKÁT
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Školící centrum společnosti
FACE CZECH, s.r.o.
Nárožní 9a
158 00 Praha 5 – Stodůlky

vydává potvrzení o účasti:

Abukhlal Martina

ve vzdělávacím programu

BOSU® CORE
diplom

06.04.2012, FACE CZECH, Praha
Identifikační číslo: 11675

FACE CZECH ACADEMY
FACE CZECH, s.r.o.
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info@faceczech.cz, www.faceczech.cz

Mgr. Daniel Müller
lektor

Barbora Rykrová
jednatel společnosti



Martina Abukhlal

hat die Polefitness Ausbildung absolviert und die Prüfung mit Erfolg bestanden

Polefitness Instructor

Die Polefitness Instruktorin kann Polefitness Lektionen selbstständig und korrekt zusammenstellen. Sie kann den Aufbau der verschiedenen Poletricks Techniken sauber und deutlich erklären. Die Kombination von Poletricks und Choreografien kann sie den Teilnehmern motivierend und bestimmend im Detail erklären.

Ausbildungsinhalte

Theorie

Polefitness Trainingsgrundsätze
Lektionsaufbau einer Polefitness Stunde
Namen und Erklärung der verschiedenen Poletricks
Aufbau eines Poletricks, richtig erklärt
Gesundheitsfragen
Motivation der Schüler auf Dauer

Praxis

Haltungsschulung
Lauftechniken
Handgrifftechniken
Kräftigungsübungen an der Stange
Pole Tricks Aufbau
Techniktraining
Führen der Teilnehmer-Gruppe
Stretching an der Stange
Erfolgsregeln für Instructors
Tipps & Tricks für begeisterte Teilnehmer in den Lektionen

Abschlussdatum: November 2010

Ort: Zürich

SAFS Schulsekretariat

SAFS Geschäftsführer



diplom

TRX[®]

Suspension Training[®] Group Course

Certificate of Completion

This document certifies that the below participant has successfully completed the TRX[®] Group Suspension Training[®] Course.



Provider No. 407
Credits: 0.7



Provider No. 906
Credits: 4.0



Provider No. PTAG01
Credits: 7.0



Provider No. G1023
Credits: 0.8



Provider No. 2010004A
Credits: 5.0



Provider No. CEP14067
Credits: 0.7



Provider No. FHF1004
Credits: 8.0



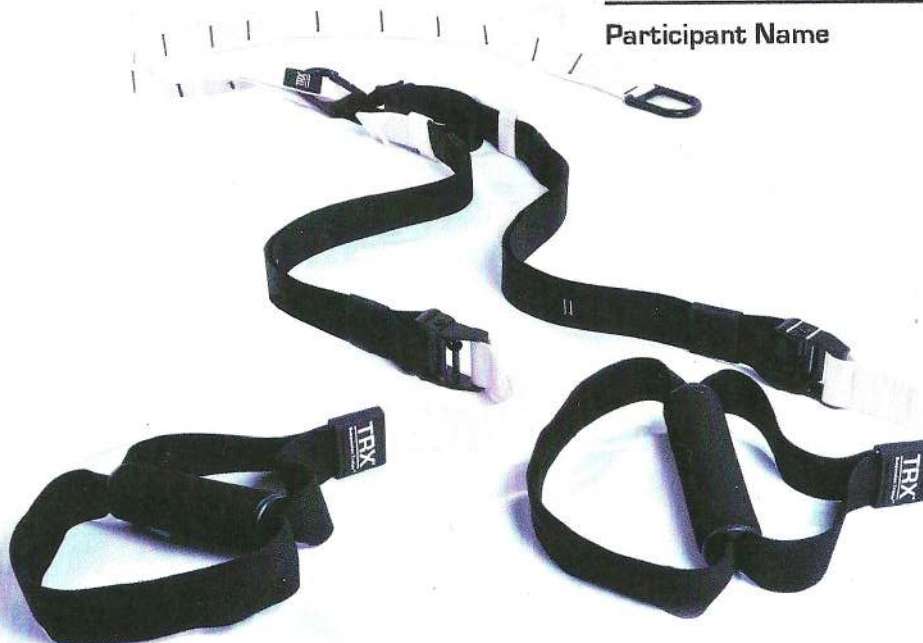
Provider No. FHF1004
Credits: 8.0

Martina Abukhlal

Sunday, April 22, 2012

Participant Name

Date



Fraser Quetch
Head Coach and Director
of Training and Development

Fitness Anywhere
Make your body your machine[™]

fitnessanywhere.com