

# DIPLOM

Toni Dam

---

has passed the

## **CERTIFIED PERSONAL TRAINER**

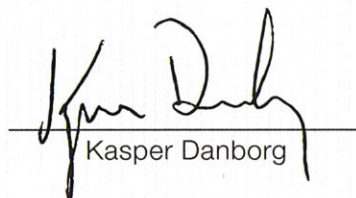
education at Fitness Institute  
70 hours + examination

Following topics are examined theoretically and practically

Motivational interviewing · Weight loss management  
Periodization · Functional training · Metcons · Advanced programming  
Performance and diet · Healthy lifestyle



Henrik Duer



Kasper Danborg

**FITNESS**  
I N S T I T U T E

EUROPEAN   
**STANDARDS**  
europe active