



This is to certify that

Robert Forster

has been awarded
**Active IQ Level 3 Certificate in
Personal Training**

National Accreditation No: 500/3697/X

- Unit 01 Health, fitness and lifestyle analysis (R/501/4830)
- Unit 02 Advanced exercise and fitness knowledge (J/500/6059)
- Unit 03 Advanced resistance training (F/500/6061)
- Unit 04 Advanced cardiovascular training (A/500/6060)
- Unit 05 Nutrition and weight management advice (Y/501/4831)
- Unit 06 Plan, market and sell personal training services (K/103/5917)

**Level 3 Certificate in
Personal Training**

Suzy Toseland-Coakes
Executive Director
Active IQ



Candidate No: 15789 Date Issued: 12.04.10 Certificate No: 52957