



'Integrated Movement Coach'

# Certificate of Completion

This is to certify that  
**Ahmad Alkhawaldah**  
has fulfilled the requirements for the  
**"INTEGRATED MOVEMENT COACH"**

Successfully completed on  
16.1.2026

Showing competency in:

- ▶ Integrating basic suspended fitness theory and practical application into sessions
- ▶ Implementing basic kettlebell exercises and programming principles
- ▶ Understanding the basics of battling rope and powerbags training
- ▶ Baseline knowledge of programming functional training for clients



ACE →



2025

FITREC

B30  
points

europa active

