



CERTIFICATION

Master Trainer

Herewith we certify that

Beata Baranska

has passed successfully lessons of this MASTER TRAINER seminar.

Berlin, 26 June 2002

date, location

A handwritten signature in black ink, appearing to read 'Katrin Brosowski'.

Katrin Brosowski / supervisor



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web sit or stand up straight grasp an exercise band with your hands about shoulder width apart raise both arms overhead palms of your hands facing forward slowly pull one arm down and to the side bending your elbow and stretching the band until your elbow is at shoulder height hold for 1 to 2 seconds

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who spends time in the weight room eventually deals with pain injury that leaves them