January 9, 2026

# Core6

## Digital Training Complete

This document certifies that **Austin Williams** has completed the training "Core6 - Digital Training"

Course summary: Train your center from every angle. This class explores six distinct core pathways using SandBells, bodyweight, and more. A structured interval flow with bursts of high intensity, you'll build a stronger, more resilient foundation that supports every movement inside and outside the club. An Equinox exclusive.

provided by EQX Group Fitness

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