



January 27, 2026

MetCon3

Digital Training Complete!

This document certifies that **Rich Velazquez** has completed the training "MetCon3 - Digital Training"

Course summary: This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

provided by EQX Group Fitness

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