April 24, 2025

MetCon3

Digital Training Complete!

This document certifies that **Emma Simoes** has completed the training "MetCon3 - Jumpstart 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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