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# Precision Run

Digital Training Complete!

This document certifies that **Sally French** has completed the training "Precision Run - Virtual Training"

Course summary: An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

provided by EQX Group Fitness

To check the authenticity of this document, please contact: [peyton.royal@equinox.com](mailto:peyton.royal@equinox.com)

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