May 31, 2025

Precision Run + Strength

Digital Training Complete!

This document certifies that **Kristen Klehr** has completed the training "Precision Run + Strength - Digital Training"

Course summary: A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive.

provided by EQX Group Fitness

To check the authenticity of this document, please contact: peyton.royal@equinox.com

Reference Number: 8211533105551729

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