



metafit.

BODYWEIGHT TRAINING

This is to certify that

Catherine Rigby

Has attended and passed the
MetaFit Bodyweight Training Course

Location: *Gosford* Date: *5 Jun 16*

And is now licensed by MetaFit to teach the MetaFit Bodyweight Training System.

Justin Corcoran
Director

Daniel Wilson
MetaFit Australia



Fitness Australia
THE HEALTH & FITNESS INDUSTRY ASSOCIATION