



# CrossFit

FORGING ELITE FITNESS

LEVEL 1  
TRAINER  
(CF-L1)

THIS LEVEL 1 TRAINER CERTIFICATE IS AWARDED TO

AUGUST  
19<sup>TH</sup>  
2018

ALEX VILLEMINOT

WHO HAS FULFILLED THE REQUIREMENTS AND COMPLETED  
THE PRESCRIBED COURSE OF STUDY OF  
CROSSFIT'S FOUNDATIONAL MOVEMENTS AND METHODOLOGY.

THIS CERTIFICATE GRANTS THE DISTINCTION OF CROSSFIT LEVEL 1 TRAINER (CF-L1).



Greg Glassman, Founder  
CrossFit, Inc.



VALID FOR FIVE YEARS  
FROM DATE OF ISSUE  
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