

ACE →
APPROVED

4.8 CECs

ACE Approved No
CEP204600



PREHAB 121™
ACADEMY



48 CECs

ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

G Yogeeswara Balaji

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN SPORTS & EXERCISE NUTRITION PROGRAMS

SPORTS & EXERCISE NUTRITION

AWARDED ON 1ST JUNE 2024

032547

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy

ACE →
APPROVED

3.2 CECs

ACE Approved No
CEP204376



PREHAB 121™
ACADEMY



32 CECs

ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

G Yogeeswara Balaji

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY AND
GAINED FUNDAMENTAL KNOWLEDGE AND SKILLS TO UNDERSTAND, CONDUCT AND
DESIGN STRENGTH & CONDITIONING TRAINING PROGRAMS

STRENGTH & CONDITIONING TRAINING SPECIALIST

AWARDED ON 25TH MAY 2022

021217

Registration No



Luqman S

Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy

ACE →
APPROVED

1.0 CECs

ACE Approved No
CEP237626



PREHAB 121™
ACADEMY



10 CECs

ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT
G. Yogeeswara Balaji

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN SUSPENSION TRAINING

SUSPENSION TRAINING SPECIALIST

AWARDED ON 20TH JUNE 2022

160902

Registration No



Lugman S

Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy



First Aid Training

THIS IS TO CERTIFY THAT G. YOGESWARA BALAJI
SUCCESSFULLY ATTENDED THE ONLINE BASIC FIRST AID, CPR & AED TRAINING
ON 05th JUNE 2022 CONDUCTED FOR PREHAB WELLNESS & SPORTS PVT. LTD.

DR ANGELA SHARMA
SOUL GUARDS LLP



ISSUE DATE 05-06-2022

EXPIRY DATE 04-06-2023



4 CECs

ACSM Approved No
885783



PREHAB 121™
ACADEMY

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT
G Yogeeswara Balaji

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN OLYMPIC WEIGHTLIFTING TRAINING

OLYMPIC WEIGHTLIFTING TRAINING SPECIALIST

AWARDED ON 29TH MAY 2022

130924

Registration No



Luqman S

Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy



4 CECs

ACSM Approved No
885783



PREHAB 121™
ACADEMY

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

G Yogeeswara Balaji

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN KETTLEBELL TRAINING

KETTLEBELL TRAINING SPECIALIST

AWARDED ON 29TH MAY 2022

120924

Registration No



Luqman S

Dr Luqman Shaikh (PT)

Founder Prehab 121 Academy

ACE →
APPROVED

2.0 CECs

ACE Approved No
CEP217340



PREHAB 121™
ACADEMY



20 CECs

ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

G Yogeeswara Balaji

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN FUNCTIONAL & GROUP TRAINING

FUNCTIONAL AND GROUP TRAINING SPECIALIST

AWARDED ON 15TH MAY 2022

081167

Registration No



Luqman S

Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy

ACE →
APPROVED

2.4 CECs

ACE Approved No
CEP203473



PREHAB 121™
ACADEMY



24 CECs

ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT
G.Yogeeswara Balaji

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN PREHAB & REHAB TRAINING PROGRAMS

PREHAB & REHAB SPECIALIST

AWARDED ON 20TH APRIL 2022

051126

Registration No



Luqman S

Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy

ACE →
APPROVED

2.0 CECs

ACE Approved No
CEP205013



PREHAB 121™
ACADEMY



20 CECs

ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

G Yogeeswara Balaji

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND,
CONDUCT & DESIGN CORRECTIVE EXERCISES

POSTURE & FUNCTIONAL CORRECTIVE EXERCISE SPECIALIST

AWARDED ON 10TH APRIL 2022

061125

Registration No



Luqman S

Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy

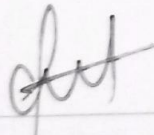
MUSCLE MENTORS ACADEMY OF FITNESS SCIENCE

CERTIFICATE OF COMPLETION

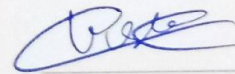
THE FOLLOWING CERTIFICATE IS GIVEN TO

YOGEEESWARA BALAJI.G

Has successfully completed TWO days of BODYBUILDING CONTEST PREPARATION
PRACTICAL WORKSHOP ON 20/04/2024 & 21/04/2024 held in CHENNAI.



SARAVANA KUMAR.V
Educator



VISHAL.V
Educator

CERTIFICATE N.O- BCP007



PREHAB 121™
ACADEMY

Certificate Of Completion

In Recognition Of The Successful Completion Of The Requisite Course Study And
Upon Certified Nomination Of The Faculty Of Prehab 121 Academy Has Conferred Upon
G Yogeeswara Balaji

In Recognition Of The Satisfactory Fulfillment Of The Prescribed Requirements For The
Diploma in Personal Training

With The Rights, Honors & Privileges Thereunto
Pertaining Dated 10th April 2024

140739

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy