



3.2 CECs

ACE Approved No  
CEP204376



PREHAB 121™  
ACADEMY



32 CECs  
ACSM Approved No  
885783

# CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

Uman Shankar

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 (LEVEL 6)

AWARDED ON 15<sup>TH</sup> JANUARY 2025

2907024

Registration No



Dr Luqman Shaikh (PT)  
Founder Prehab 121 Academy