



PREHAB 121™
ACADEMY



4 CECs
ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

Gauri Ghodekar

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

RESISTANCE BAND TRAINING SPECIALIST

AWARDED ON 5TH MAY 2026

RB1802612

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy