



# CrossFit

FORGING ELITE FITNESS



LEVEL I  
TRAINER  
(CF-L1)

THIS LEVEL I TRAINER CERTIFICATE IS AWARDED TO



OCTOBER  
13<sup>TH</sup>  
2013

**PRAHLLADH BULCHANDANI**

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 I TRAINER (CF-L1)



Greg Glassman, CEO  
CrossFit, Inc



VALID FOR FIVE YEAR,  
FROM DATE OF ISSUE  
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