



**The Gymnastics Course Trainer Certificate is awarded to**

**Cass Lam**

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Who has fulfilled the requirements and completed the prescribed course in the fundamentals of teaching gymnastics to others in a CrossFit® environment. This certificate grants the distinction of Functional Gymnastics Trainer, a CrossFit® Approved Course.

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Nathan Bird  
GYMNASTICS TEAM DIRECTOR



October 20, 2024

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AWARDED ON

**Gymnastics course Level 1**

14 CEUs