



— C E R T Y F I K A T —

Patrycja Ławrynowicz

has participated in the training/lecture entitled

WEIGHT CUTTING AND RECOVERY

and passed the final test confirming the acquired knowledge.

The training was conducted by **dr Damian Parol** and covered theoretical and practical issues related to the with nutrition, hydration and supplementation during cutting weight and recovery after weight-in.

• Otwock, 05 / 29 / 2024 •

dr n. o zdr. Damian Parol