

# ESSETRICS® ACADEMY

## LEVEL 4: ESSETRICS® STRENGTHENING EXERCISES

**ESSETRICS® APPRENTICE TEACHING HOURS FORM:** This form verifies that \_\_\_\_\_ (instructor name) has taught the required teaching hours to complete their Level 4 Essentrics® Certification. The following people have participated in a 1-hour Essentrics® Pre-Choreographed Workout class taught by the aforementioned Certified Level 3 Essentrics® instructor.

|    | Name of participant | Phone or Email | Signature | Date |
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