

Premiere Sessions

FRIDAY, APRIL 23

TIME BLOCK A

7:30 8:30am

All sessions in this time block are workouts.
Workouts DO NOT qualify for CECs.

101 Partner Play: Game On! WO

Peter Twist, MSc

Fast paced, action packed, challenging and exciting! It's game time and the battle is on! See how you can design performance-based partner training workouts that capture the essence of sport. This workout features dynamic balance, fast feet, agile movement and a full spectrum of strength and explosive power movements. Life is a sport and it is meant to be pursued with passion and intensity. This workout has all the ingredients to guarantee that your athletes and clients are game ready. (For personal trainers and group exercise instructors.)

106 Step 4-Play WO

Special time: 7:45–8:30am

Patrick Goudeau

When was the last time you actually had FUN taking a step class? Step 4-Play is four uniquely assembled groups, all working together for one purpose...to have a GREAT time! Each group will perform one 8-count of choreography. Once the entire combination has been learned, groups will rotate clockwise or be selected at random to start the combination. The FUN is moving from group to group and remembering the correct sequence because every time the group changes location, so does the combination! Confused? Don't be...it's easy and it's FUN!

107 Body-Weight Boot Camp WO

Special time: 7:45–8:30am

Brett Klika

Learn how to use the most portable, functional and effective piece of training equipment on the market today...your BODY! In 45 minutes, you will learn to work every muscle, movement and energy system using only your body weight, boot camp style. You'll experience over 20 new exercises in this high-energy, motivating and dynamic workout. Bring your body and be ready to move!

TIME BLOCK B

8:50 10:40am

Up to 2 CEC hours available,
depending on the session selected.

111 Strong From All Angles WS

Rob Glick and Kimberly Spreen

Experience how the SPRI® Slanted Riser™ transforms The Step® into an incline/decline bench. This session teaches unique triplex strength conditioning routines using a combination of traditional resistance exercises and movement patterns that incorporate the cumulative-load intensity training principle. Combine this high-intensity strength conditioning session with "The Next Step" (session #151) cardio training workshop for even more slanted-riser programming ideas.

112 Step-Tonic™ WS

Melanie Douglass and Amy Nixon

We're taking traditional step to a new level! Step-Tonic integrates stylized, step dance (choreography) with heart-pumping plyometric intervals (power blocks). In this workshop, you'll learn eight 5-minute choreography/power blocks and several tools to build your own library of these tonic moves. Then, experience the culmination of Tonic training through a perfectly-synced finale performance.

Stay ahead of the pack. 50% of sessions in this year's programming are ALL-NEW Premiere Sessions and will make their industry debut at the IDEA Fitness Fusion Conference!

120 Joint Integrity and Injury Prevention: Shoulder and Spine L

Michol Dalcourt

If you have ever wondered why so many have back and shoulder injuries, this interactive session will elucidate the reasons why. You will be introduced to the newest research and techniques in how to assess proper shoulder and spine function, get practical information on the anatomy and biomechanics of the shoulder and spine, and learn what an effective shoulder/spine exercise looks like. In addition, Michol will take you through the six steps for choosing the right shoulder/spine exercise for your client.

121 Your Club: The Place to Be on a Friday Night! L

Trina Gray

Transform your club into the "it" place to be! Create a unique business brand by making fitness a year-round celebration with boot camp finales, fitness-inspired galas and group extravaganzas. Learn how to drive word of mouth to ultimately drive business. Leave with a goody bag of ideas for refreshing your business. Make your club the hottest place to be, even on a Friday night!

122 The Latest Scoop—Sports Supplements L

Fabio Comana, MA, MS

Recommendations to use supplements are considered outside of the scope of practice legally and ethically, yet fitness professionals are constantly asked to give recommendations. In reality, dietitians and other licensed practitioners are not present in the health club environment, so what are we to do? Get the truth on the efficacy and risks associated with the newest sports supplements and educate your clients so they can make informed decisions and avoid wasteful spending and possible harm.

124 Crucial Components for Training Older Adults InTensive

Special time: 8:50am–12:40pm

Annette Lang, MS

When it comes to program design for your older-adult clientele, trainers must possess a specialized set of skills. In this 4-hour course, we will take a strategic look at the many components and considerations that must be addressed when designing a fitness program for this population. Through lecture and practical application, we will take a closer look at choosing the right tool to identify muscular imbalances and assess mobility. Then you'll learn what reactive drills to utilize in order to improve gait and balance. In addition, we'll discuss ways to ascertain joint restrictions and improve pain-free range of motion for your older-adult client. Additional fee required for this class.

TIME BLOCK C

11:00 12:50am

Up to 2 CEC hours available,
depending on the session selected.

134 That's Not Cardio...Is It? WS

Scott Hopson

Do you (or your clients) find cardio boring, ineffective and impractical? Then this session is for you! Cardiorespiratory training is a huge part of our fitness routine, yet is almost exclusively confined to treadmills, bikes, steppers and elliptical trainers. Why? This session explores creative energy-system development (cardio) techniques for everyone with handson components using RAQS (reactive, agility, quickness and speed) and games. Learn, laugh and sweat...and not a treadmill in sight!

140 When a Regression Is Really a Progression L

Anthony Carey, MA

Functional training trends have unleashed a surge in inappropriate applications and exercise progressions. Training variables can be manipulated in both a forward and backward direction to benefit the client. Understanding that we can regress our exercises to allow clients to be successful, will allow us to build a more stable foundation for individual client development. (This session is for personal trainers and group exercise instructors.)

142 What's New in the Food Industry L

Jenna A. Bell, PhD, RD, CSSD

Whether it's driven by consumer interest or national guidelines, the food industry is continuously evolving. Products and brands emerge with better-for-you messages and labels on their packages. This lecture will take a look at the current trends in the food industry, discuss the science that may be driving their promotion, and see how they may (or may not) fit into a healthy diet.

143 Lactate Training: The "Acid Bath" You Need to Know About L

Douglas Brooks, MS

There are many questions (and controversy) surrounding lactate threshold training and how it is used. Many believe that all cardiovascular training revolves around lactate threshold and everyone should use it as a personal reference point for ultimate conditioning. Is this good or bad? Who is it for? How do you measure it? What is the difference between anaerobic, lactate and ventilatory threshold? This session will delve into the science of lactate threshold and answer these and other questions as they relate to practical application.

TIME BLOCK D

2:15 4:05pm

Up to 2 CEC hours available,
depending on the session selected.

151 Take the Next Step WS

Rob Glick and Kimberly Spreen

Join Rob and Kimberly for an exciting, innovative cardio session that combines the SPRI® Slanted Riser™ with The Step® platform to enable you to create a reactive, slanted step surface. Enjoy a fun, easy-to-follow step routine combined with high-intensity training intervals that provide extensive and intensive exercise variety and programming for all levels of participants.

152 Step Swap WS

Melanie Douglass and Amy Nixon

Learn how to Step Swap! A revolutionary teaching style that simplifies individual move breakdown, combo creation and multiple combo weaves so you can easily put together an amazing workout experience that literally screams perfection. The swap method helps you to catalog your ever-growing inventory of moves with clarity and organization. And of course you'll learn over 30 "exchange" moves, plus three complete 32-count combinations.

160 The Health-Food Store Shopper's Guide L

Jenna A. Bell, PhD, RD, CSSD

Natural and organic food markets have sprouted up everywhere. These alternatives to conventional supermarkets give healthconscious consumers a source for natural and healthy options. But how healthy are these stores? Despite offering a wide assortment of organic foods, natural food markets still pose challenges for shoppers. Learn how to help your clients navigate the aisles of any grocery store—including the natural-food markets.

161 Attract New Clients With Program Design L

Pete McCall, MS

As a dedicated fitness professional, you are always pursuing educational opportunities to enhance your knowledge, but can you use that information to attract and recruit new clients? In this session you will learn how to apply that knowledge to a business plan and market your services to attract new training clients.

REGISTER NOW! [Click here](#)

Premiere Sessions

SATURDAY, APRIL 24

TIME BLOCK E

7:30 9:20am

Up to 2 CEC course available,
depending on the session selected.

201 The Metabolic Playground WS

Rodney Corn, MA

Why do kids get to have all the fun? Why can't adults play on a playground while getting a good metabolic response? Join us as we turn common tools and programs into a metabolic playground that can be used in multiple environments and with multiple populations. We will mix reactive and agility-style drills, jumping, hopping and smiles into a simple and fun workout. Come on, let's play!

210 50 Secrets to Being a Top Trainer L

Nicki Anderson

Are you new to the fitness industry? Are you looking for insight into strategies that will help you to become more successful in the competitive world of training? We'll let you in on the inside secrets of becoming a successful and respected personal trainer. This lecture will discuss success strategies and how to avoid common mistakes most new trainers make. If you are new to the training world, you will not want to miss this lecture!

211 Above and Beyond the Set and Rep L

Fabio Comana, MA, MS

With advancements in equipment design and exercise complexity, we've become focused on results. But are we losing sight of specific physiological adaptations and emotional/psychological changes that merit review? This session addresses key considerations for better program design, such as energy pathways and muscle fiber types and how they relate to program progression, and how to leverage emotional feelings and cognitive thinking into enhanced participation and exercise adherence.

212 Worksite Wellness—Winning Strategies for Success L

Trina Gray

Worried about the rising cost of health care? Be the solution! Every business wants to reduce healthcare costs and improve workplace productivity. As fitness professionals, we know the power of active living. You will learn four simple steps that will help you rapidly grow revenue, have businesses knocking down your door, and show you how to become known as the go-to person/club in your community for improving health.

214 Play, Passion and Profit: The Winning Formula for Designing Youth Athletic Programs InTensive

Special time: 7:30–11:20am

Brett Klika

Young athletes are turning to personal trainers by the millions to improve their athletic performance. This InTensive workshop will explore both the business and theory of designing successful, effective programs for youths. Create a fun and engaging exercise curriculum with over 20 developmentally-based youth-adapted exercises and games. From successful marketing strategies to specialized program design, you will leave with the knowledge and practical skills to boost your youth programs to new heights. Additional fee required for this class.

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TIME BLOCK F

9:40 11:30am

Up to 2 CEC course available,
depending on the session selected.

221 Vital Anatomy: Functional Applications L

Michol Dalcourt

Why do we have a talus? Why is our pelvis an interdependent ring? How do the muscles of our legs move our upper body? Anatomy is subservient to function, and when we understand functioning anatomy, we maximize the efficiency of our body. In this interactive session, we'll discuss: exercise and movement applications that are consistent with the body's design; a 6-step process for choosing the right exercise for the right client; and the "new science" of anatomy and how it is changing the way we train. Join us as we take a glimpse into the future of training.

222 Step Extraordinaire WS

Christi Taylor

This workshop will not only send you home with three new step combinations, but it will also supply you with the professional tools necessary to change an ordinary step class into an extraordinary event. Learn the secrets used by top fitness professionals that get them the jobs and the accolades. This workshop will give you the tools to be an extraordinary teacher who knows how to create the perfect environment.

224 Fascia: The Rising Star in Human Movement WS

Anthony Carey, MA

The concept of muscle and fascia being separate anatomical entities is no longer valid. Fascia plays a critical role in all human movement. To understand movement and dysfunction, we must understand the role of the fascia. In this workshop, see and feel the role fascia plays for you and your clients. Concepts to integrate myofascial connections into exercise and to eliminate myofascial restrictions will be introduced.

230 Training (and Retaining) Beginners L

Tom Purvis, PT

When was the last time you were a beginner...at anything? Especially something that you believed you'd "never be good at" or "it's just not your thing." What misinformation is being perpetuated by the "extreme fitness" television shows today? If the goal is to get the other 80% exercising, maybe we had better stop thinking like us... people who LIKE to exercise, and start thinking like those who don't! Join us as we explore the minds and bodies of non-exercisers and strategies for how we might best approach this population, to not only create an ideal and comfortable environment for physical change, but to inspire beginners to stay for life!

231 Research Update: Your Brain... On Exercise! L

Terry Eckmann, PhD

Neuroscientists around the world are involved in cutting-edge research that supports the many positive effects of exercise on the brain. Throughout the lifespan, exercise can sharpen thinking to improve learning, lift moods to help prevent or manage depression, boost memory, balance hormones, reduce anxiety and achieve overall better brain health. The implications for the fitness industry are exciting. Join us as we delve into the latest studies of the Brain...On Exercise!

232 Getting More From Your Assessments

LWS

Greg Roskopf, MA

Most personal trainers perform physical assessments with each of their clients. Based on the results of these assessments, we do our best to prescribe the proper stretches and exercises designed to correct the issues we see. Many times, however, our corrective exercises or stretches don't seem to work. In this class, we will take an in-depth look at the information that we are gaining from our present assessment procedures and analyze this information to see if we are putting our clients on the right programs. In addition, you will walk away with the tools to accurately assess each person's mechanics in order to recommend the most effective and individualized program.

233 Tap Into Your "Fat Burn" L

Fabio Comana, MA, MS

Metabolism and fat loss remain highly popular, but controversial and often misunderstood topics in fitness. This session explains key physiological principles of metabolism and fat utilization within the body and discusses the impact of exercise upon fuel utilization and metabolism. Strategies and applications to influence fatness and fitness will be included.

TIME BLOCK G

1:00 2:50pm

Up to 2 CEC course available,
depending on the session selected.

240 Cage Training—Small-Group Training for the Athlete in All of Us! WS

Douglas Brooks, MS

This workshop will teach you how to take advantage of a top trend in fitness, small-group training. This unique small-group format, referred to as cage training, combines the energy and motivation of a small-group sport conditioning workout with a methodology that makes workout planning a breeze. Learn how to teach and sequence movement skills that maximize caloric expenditure, and develop dynamic balance, agility, coordination and integrated whole-body strength and power.

241 Core Training: Going Global WS

Rodney Corn, MA, and Michol Dalcourt

For the past decade, the health and fitness industry has been enamored with the core. In this workshop, we will play with and practice many exercises for core development as well as explore the recent evolution of the core, looking at how it has traditionally been studied and then discuss a more current integrated view. You won't want to miss this journey through functional anatomy and biomechanics, and the chance to take home many new exercises.

242 Obstacle Course WS

Patrick Goudeau

This interval training routine is one BIG playground that blends strength and cardio circuits into a use-what-you've-got body-weight workout! Loaded with functional exercises designed to give you the ultimate challenge, the drills and stations will push you to believe in yourself. Whether you're working alone or with a partner, this is one tough workout. Run, jump, squat, push...you name it, we'll probably do it!

243 High-Low Fusion 2010 WS

Rob Glick

Familiar high-low steps are blended with rhythm changes, chassés, leaps, holds, ball changes, turns, mambos and cha-chas to give the class a dance-like feel. The cardiovascular integrity of a fitness class is still respected while we fuse moves together, forgetting that we're working out and remembering what it feels like to be lost in the music.

244 Sequencing for Success WS

Annette Lang, MS

Do you have clients who cannot seem to feel their muscles working, or who simply cannot activate certain muscles? This session will examine muscle imbalances and guide you through specific thought processes for better sequencing. Self-myofascial release, stretching and mobility exercises will be discussed (and practiced). Finally, we'll talk about making good exercise choices for your client in order to get more efficient firing patterns and enhanced muscle recruitment.

245 Yoga Body: Hip Openers WS

Stacy McCarthy

Do you feel stiff and tight in the hips? Standing for extended periods or sitting for long periods of time can have a detrimental effect on the hips. Many parts of your body, including your back, knees and feet, can be the result of tight hips. Explore yoga postures designed to target the hips, gluteals and pelvis. Balance between strength and flexibility, and learn how yoga is a practice of opposites. (Prior yoga experience will be helpful.)

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Premiere Sessions

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249 Healing Hunger ^L

Nicki Anderson

One of the most disturbing facts in our country is that although obesity is at an all-time high, 57 million people are dieting. How can we inspire and educate our clients to place value on their health and let the natural size follow? For too long diets have ruled women's (and men's) lives and created an unhealthy relationship with food. Learn how you can inspire your clients to hunger for health and gain a new respect for and relationship with food and their body.

250 Overtraining: It's All Relative ^L

Greg Roskopf, MA

As trainers, you see clients of varying levels of physical conditioning. Your clients may also experience limited results due to existing dysfunctions or pain, and their diagnosis has an impact on how they will respond to exercise. If exercise is too stressful, regardless of how limited it may be, it can place your clients in a state of overtraining. In this class, we will look at the components of overtraining and discuss how, in the wrong environment, exercise can have a negative effect on hormone balance, protein synthesis and ultimately, recovery. We will also look at how to design exercise programs for people that are not benefiting from general exercise protocols.

251 Metabolic Training for Results ^L

Fabio Comana, MA, MS

Frustrated with ineffective cardio programs that fail to deliver? Do your programs fail to hit weight-loss goals or push athletes through plateaus? Blame it on the older standardized programming guidelines that we currently use. Why use maximum heart rate (MHR)-based programs when MHR offers no correlation to performance? Learn how to use new cutting-edge metabolism-based programs for weight loss and performance based on individual metabolic markers.

252 Introduction to Function First Corrective Exercise and Program Design ^L

Anthony Carey, MA

Function First takes a unique approach toward corrective exercises for musculoskeletal dysfunctions by addressing the planes of motion with the appropriate sequencing of exercise to create powerful change in your clients. By integrating biomechanical, physiological and motor control strategies with the correct exercise sequencing, your client can experience changes immediately. Clients can move from remedial corrective exercises to full-body integration within a given session.

TIME BLOCK H

1:00 2:50pm

Up to 2 CEC hours available, depending on the session selected.

260 Training the Hippocampus: Remember? ^{WS}

Annette Lang, MS

There are new and creative tools, toys and software available for us to train the brain. However, we as personal trainers can address necessary components of memory and spatial acuity with simple techniques that don't require buying expensive equipment or software. The hippocampus is critical in terms of memory, spatial memory and loss of function in senior clients. In this session, you will learn simple and effective tweaks, cues and progressions that can be incorporated into the training session to enhance the function of the brain.

261 Smokin' Small-Group Training ^{WS}

Jay Dawes, MS

In this interactive workshop, attendees will be exposed to a variety of strategies to successfully design and implement fun and innovative small-group training sessions with limited space, time and equipment. A variety of non-traditional training techniques, drills and exercises will be utilized to challenge your limits within your own fitness level.

262 CardioSTEP ^{WS}

Christi Taylor

CardioSTEP is where the 80s meet the 90s. If you still love to step and you miss the old-school floor cardio, you will enjoy this workshop. We'll fuse both training methods together for a fast-paced cardio floor workout that teases you with a splash of step choreography. You'll walk away with three new CardioSTEP combinations and four minicombo to get you started.

263 No Equipment Necessary—Take Two ^{WS}

Shannon Fable

Whether you experienced the first installment or not, Take Two is a great concept that utilizes minimal space and produces maximum effect. We'll move beyond a strength-only workout and combine easy-to-follow cardio drills with creative strength sequences for a full-body workout. Ease the intimidation factor by removing the equipment while increasing the effectiveness through elevated cuing techniques.

265 Fitness Body—Yoga Mind ^{WS}

Stacy McCarthy

Are you looking to make the transition from fitness instructor to yoga teacher? Fitness professionals can extend their careers by teaching a variety of formats. Cuing, breath, sequencing, posture development, voice and program design are all covered in this interactive lecture/workshop. (This session is designed for new yoga teachers.)

270 Banishing Fat Talk ^L

Tiffany Crate, MS

Of course you're familiar with the statement, "I feel fat." But have you ever considered whether those words even make sense? Is fat a feeling? Trainers often make the mistake of merely teaming up with the client in their fight against their perceived loathsome body parts or their gluttonous habits. Take a closer look at the disparaging (and widely used) language called "fat talk" and its implications on weight management, social interactions, creativity, productivity and performance.

271 Changing the Fitness Game! ^L

Fraser Quelch

By now, most of us know that obesity is at an all-time high, and that the commercial fitness industry is effectively impacting the lives of only 3% of the population. Why is it that the vast majority of gym goers don't achieve their goals and that many traditional training practices crumble under the scrutiny of emerging knowledge? In a critical look at the successes and failures of the fitness industry, we will examine the shortfalls in the current model and propose some innovative ideas to help change the game for everyone.

SUNDAY, APRIL 25

TIME BLOCK I

8:00 9:50am

Up to 2 CEC hours available, depending on the session selected.

300 Line Designs for Boomers and Beyond ^{WS}

Terry Eckmann, PhD

Participate in a series of line and circle activities that are safe and effective for the 50+ population. These line activities include a sequenced progression of vertical sculpting, traditional low-medium-impact dance aerobics, Latin dance, basic kickboxing, and a little bit of country to create a cardio workout that is fun and challenging for a variety of Baby Boomers and beyond.

302 Seven-Layer Step ^{WS}

Rob Glick

Step instructors have a choice! They can either create more choreography or look deeper at their pre-existing choreography for layers they may not have realized are there. In this workshop, we will see just how many layers we can get out of simple step moves to end up with moves that look like a distant relative of their beginning. This method will help keep your classes fresh and at the same time, maintain a level of familiarity for your students.

304 Ladder Training Revolution ^{WS}

Jay Dawes, MS

Speed/agility ladders have been used extensively by athletes to improve agility, balance and coordination. Ladders are also excellent tools for improving a variety of both health- and skill-related components of fitness when used with the general population. In this course, you will learn the basics of ladder training and several new and innovative techniques that will challenge even your most fit clients.

307 Authentic Leadership ^L

Christi Taylor

"Organizations exist to make people's strengths effective and their weaknesses irrelevant. And this is the work of effective leaders." This quote, by Frances Hesselbein, is as pertinent in our industry as it is in others. Learning to lead effectively is a real challenge. Teaching others to lead effectively is an even greater challenge. Join us as we take a closer look at the real elements that are integral to being a great leader.

309 Functional Exercise—From Bias to Continuum ^L

Tom Purvis, PT

So, if a functional exercise mimics daily activities, where does standing on the latest inflatable gimmick fit in? Is it just about making an exercise randomly more difficult? How truly functional is a functional exercise if it leads to musculoskeletal dysfunction? In our zeal to create interesting programs for our clients, we may have dismissed perfectly sound exercises that improve musculoskeletal function, and imposed challenges that our clients are unable to accommodate safely. Join us as we explore a wide range of current functional applications and the research on specific exercises that will add to your toolbox (rather than take them away). You'll walk away with an understanding of the value of the right thing, at the right time, for the right person (minus the biases).

322 Global Grooves ^{WS}

Holly Krohn

Did you know that most dance-based classes are based on five basic moves? This workshop is about taking those moves, and with some simple adjustments, transforming them into new and different movement patterns that can be used in multiple dance formats, including modern, tribal, Latin and Arabic. Once you learn the "foundation five" you'll be able to teach easy-to-follow combos that are doable by any level of participant. Put a global spin on your class and increase your choreography library in the process!

324 Body Weight, Mind-Body and BOSU®: The Perfect Blend ^{WS}

Lawrence Biscontini, MA

Join us for a truly unique workshop that teaches you to blend body weight and mind-body techniques into one flowing workout using the BOSU Balance Trainer. Participants will experience a wide range of movement that enhances strength and cardiovascular conditioning with attention also being given to innovative techniques that fuse yoga, Pilates, tai chi and Feldenkrais®. Special focus will be on how to successfully progress from traditional methods of training to those that integrate a variety of mind-body approaches.

327 Personal Trainer v2.0—Changing Your Business Model ^L

Jonathan Ross

Personal trainers need the skills to connect with currently underserved markets. This session shows you new models for sessions that will allow anyone of any budget to get the professional fitness instruction they need. You will discover strategies for ensuring better adherence to your programs, less dependence on you, and that you'll get so much word-of-mouth business you'll have little need for traditional marketing. (Suitable for anyone in the personal trainer field, including managers.)

REGISTER NOW! [Click here](#)