

**IDEA Personal Trainer
Institute™
February 16-19, 2012
Alexandria, VA**

Session #	Title	Presenter	Session Length	ACE	ACSM	AFAA	BOC	CI	NASM	NETA	NFPT	NSCA*	NSPA	PTA Global
010	ACE Small Group Training Workshop	Pete McCall, MS	6 hours	0.60	6.00	6.00	6.00	6.00	0.60	6.00	6.00	0.60	6.00	6.00
011	Twist Conditioning: Training The Fascial Lines	Twist (MSc), Phillips	8 hours	0.70	7.00	7.00	7.00	7.00	0.70	7.00	7.00	0.70	7.00	7.00
012	Gray Institute Foundations of Movement Training/Certification	Gray, Parracino	9 hours	0.80	8.00	8.00	8.00	8.00	0.80	8.00	8.00	0.80	8.00	8.00
100	TRX® Rip™ Training: Foundations	Pete Holman, PT	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
101	High-Level Athleticism With Kettlebell Sport	Steve Cotter	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
102	Essentials of Injury Prevention	Peter Twist, MSc	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
103	Gray Institute: Assessment and Solutions for the Foot and Ankle	Lenny Parracino	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
104	Unlocking the Power of the Psoas	Sue Hitzmann, MS	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
105	Balanced Body®: Orbit™-Ramp Up Your Function	Nico Gonzalez	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
106	Nutrition Coaching: Lessons From the World's Largest Body Transformation Program	John Berardi, PhD	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
107	Successful Fat Loss Programming: Semi-Private and Small-Group Applications	Josh Proch	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
108	Purposeful Assessments for Optimal Results	Greg Roskopf, MA	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
109	Childhood Obesity: A TOTAL Wellness Approach	Lance Breger	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
110	Motivating and Connecting With Your Clients	Christina Samyia	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.00	3.00	3.00
120	TRX® Rip™ Training Workout	Pete Holman, PT	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
121	Dynamax Medicine Ball: High Velocity Training-The New Boot Camp	Jeremy Shore	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
122	Lebert Fitness: Epic Sets! The Workout!	Marc Lebert	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
123	Cashing in on Corrective Exercise	Mary Bratcher, MA; Justin Price, MA	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.00	2.00	2.00
124	Social Media 101 for Fitness Professionals	Kimberly Linton	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
125	NASM: Adult Obesity-The Complete Solution	Tanya Colucci, MS	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
126	BOSU®: Sport Drills I: Balance and Core	Douglas Brooks, MS	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
127	Power Systems®: Fit on a Rope	Don Bahneman, MS; Shannon Fable	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
128	Balanced Body®: Small-Ball Challenge-Strength and Release Work	Nico Gonzalez	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
129	How to Speed Injury Recovery With Nutrition	John Berardi, PhD	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
130	TRX® Rip™ Training Workout	Fraser Quelch	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
140	Science of TRX® Rip™ Training	Pete Holman, PT	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
141	Power Systems®: Functional Alternative	Steve Cotter	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
142	Combine360 Training: When Training Is Your Sport!	Todd Durkin, MA; Peter Twist, MSc; Combine360 Team	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
143	Gray Institute: Assessment and Solutions for the Hip	Lenny Parracino	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
144	Lebert Fitness: Epic Sets! The Workshop!	Marc Lebert	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
145	TPPT: SMRT-CORE™ Myofascial Total-Body Training	Jamie Howell, MS; Cassidy Phillips	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
146	CHEK Institute: Rotational Training for Performance	Dan Hellman, MPT	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
147	Dietary Supplements-The Good, the Bad, and the Ugly	Christopher Mohr, PhD, RD	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
148	High-Intensity Interval Training Versus Continuous Cardio Training-Battle of the Aerobic Titans	Len Kravitz, PhD	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
149	ACE: Training the Endocrine System	Pete McCall, MS	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
150	Foundations of Postrehabilitation	Brian Richey	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
160	TRX® Rip™ Training: Sports Performance and Metabolic Conditioning	Pete Holman, PT	1 hours, 30 minutes	0.15	1.00	0.75	1.50	1.00	0.10	1.50	1.50	0.10	1.00	1.50
161	ACE: Vertical Core Training	Pete McCall, MS	1 hours, 30 minutes	0.15	1.00	0.75	1.50	1.00	0.10	1.50	1.50	0.10	1.00	1.50
162	BOSU®: HIIT Extreme	Douglas Brooks, MS	1 hours, 30 minutes	0.15	1.00	0.75	1.50	1.00	0.10	1.50	1.50	0.10	1.00	1.50
163	Perform Better: TD's I.M.P.A.C.T. Challenge	Todd Durkin, MA	1 hours, 30 minutes	0.15	1.00	0.75	1.50	1.00	0.10	1.50	1.50	0.10	1.00	1.50
164	Creating a Strong, Stable Shoulder	Sue Hitzmann, MS	1 hours, 30 minutes	0.15	1.00	0.75	1.50	1.00	0.10	1.50	1.50	0.10	1.00	1.50
165	Power Systems®: Resistance Tubing 2.0	Shannon Fable	1 hours, 30 minutes	0.15	1.00	0.75	1.50	1.00	0.10	1.50	1.50	0.10	1.00	1.50
166	10 Biggest Mistakes Trainers Make and How to Avoid Them	Nicki Anderson	1 hours, 30 minutes	0.15	1.00	1.50	1.50	1.00	0.10	1.50	1.50	0.00	1.00	1.50
167	Strategies to Increase Revenue and Client Results-The Nutrition Angle	Kara Mohr	1 hours, 30 minutes	0.15	1.00	1.50	1.50	1.00	0.10	1.50	1.50	0.00	1.00	1.50
168	Exercise Design for Clients With Diabetes	Len Kravitz, PhD	1 hours, 30 minutes	0.15	1.00	1.50	1.50	1.00	0.10	1.50	1.50	0.10	1.00	1.50
169	Your Business Culture-The Key to Your Success	Troy Fontana	1 hours, 30 minutes	0.15	1.00	1.50	1.50	1.00	0.10	1.50	1.50	0.00	1.00	1.50

170	NASM: Metabolic Training-From Research to Results	Tony Ambler-Wright, MS	1 hours, 30 minutes	0.15	1.00	1.50	1.50	1.00	0.10	1.50	1.50	0.10	1.00	1.50
200	TRX®: Planar Training	Fraser Quelch	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
201	Play to Perform! Creative Youth Programming	Brett Klika	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
202	Muscle Synergy	Peter Twist, MSc	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
203	Gray Institute: 3-D Flexibility-Techniques That Make Functional Sense!	Doug Gray	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
204	Finding the Key to Walking Your Movement Potential	Justin Price, MA	2 hours, 50 minutes	0.30	3.00	2.10	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
205	CHEK Institute: Walking Tall-What Your Client's Gait Can Tell You Before They Even Speak!	Dan Hellman, MPT	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
206	Perform Better: GO DEEP-Masterminding for Maximum Impact!	Todd Durkin, MA	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.00	3.00	3.00
207	Nutrition Solutions: Getting Even Your Toughest Clients to Follow the Rules!	John Berardi, PhD	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
208	Purposeful Exercise-A Progressive Approach to Training	Greg Roskopf, MA	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
209	The New Face of Business: Women	Nicki Anderson; Mary Bratcher, MA	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.00	3.00	3.00
210	NASM: CEx for Baby Boomers	Rick Richey, MS	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.00	3.00	3.00
220	TRX®: Chain Stretching	Fraser Quelch	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
221	BOSU®: Sport Drills II: Strength and Power	Douglas Brooks, MS	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
222	Metabolic Effect Workout	Jade Teta	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
223	Power Systems®: Mega™ Medicine Ball Madness	Don Bahneman, MS; Shannon Fable	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
224	Pain Relief Strategies for Personal Trainers	Sue Hitzmann, MS	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
225	Create a Business Competitive Edge	Peter Twist, MSc	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.00	2.00	2.00
226	Dynamax Medicine Ball: The Ultimate Tool for Small-Group Training	Jeremy Shore	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
227	Perform Better: Boot Camp 2012	Todd Durkin, MA	2 hours, 10 minutes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
228	Managing Your Business: Passion to Profit	Debra Atkinson, MS	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.00	2.00	2.00
229	Advances in Balance Training	Evan Osar, DC	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.00	2.00	2.00
230	Create Emotionally Charged Exercise Experiences	Rodney Corn, MA	2 hours, 10 minutes	0.20	2.00	2.20	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
240	Creating a Six-Figure Boot Camp Experience	Christopher Mohr, PhD, RD; Kara Mohr	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.00	3.00	3.00
241	TRX®: Essentials for Personal Training	Fraser Quelch	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
242	Six Steps to Better Program Design	Michol Dalcourt	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
243	BOSU®: Plyo Progressions	Douglas Brooks, MS	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
244	Gray Institute: 3-D Core Conversion	Doug Gray	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
245	TPPT: Pre-Gen-A Revolutionary Approach to Fascial Lines and Muscular Movement	Cassidy Phillips	2 hours, 50 minutes	0.30	3.00	1.40	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
246	Ultimate Back Exercises for Injury Prevention and Performance	Mike Bracko	2 hours, 50 minutes	0.30	3.00	2.10	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
247	Anatomy and Architecture-Fascia, Function and Physics	Joe DeAntonis, MS	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
248	Nutrition and Exercise for Longevity	Teri Mosey, PhD	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
249	Understanding Our Inner Jigsaw Puzzle	Chris Gellert, MPT	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
250	Program Design for Clients With Controlled, Diagnosed Disease	Joanne Duncan-Carnesciali, MS	2 hours, 50 minutes	0.30	3.00	2.80	3.00	3.00	0.30	3.00	3.00	0.30	3.00	3.00
300	Assess Yourself Before You Wreck Yourself	Justin Price, MA	1 hours, 50 minutes	0.20	2.00	1.40	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
301	Fast After 40 = Winning Weekend Warriors	Brett Klika	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
302	BOSU®: Crush It	Douglas Brooks, MS	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
303	Fit as a Fighter	Kevin Kearns	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
304	i3D-ME: Movement Experiences You Will Love!	Rodney Corn, MA	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
305	Lebert Fitness: Resistance Training! Hard and Fast or Long and Strong?	Marc Lebert	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
306	Best Practices Revealed: Nontraditional Resistance Training and Unstable Surfaces	Mike Bracko	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
307	Stop Booking Sessions-Build Your Business	Debra Atkinson, MS	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.00	2.00	2.00
308	CHEK Institute: Flatten Your Abs Forever	Dan Hellman, MPT	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
320	Optimum Performance for Baby Boomers and Beyond	Evan Osar, DC	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
321	The Win-Win Formula-Keys to Successful Small-Group Training	Troy Fontana	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
322	Combine360: Athletic Movement	Peter Twist, MSc	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
322	Combine360: Athletic Movement	Combine360 Team	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
323	Warding Patterns-Essential Training for Clients/Athletes	Michol Dalcourt	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
324	Training Tactical Athletes	Bryan Fass	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
325	TPPT: Foot and Lower-Leg Myofascial Matrix-The Hidden Treasure of Functional Training and Sports Performance	Cassidy Phillips; Emily Splichal	1 hours, 50 minutes	0.20	2.00	0.90	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
326	FAI: The New Impingement-Clarifying the Myths	Chris Gellert, MPT	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
327	Rest-Based Training	Jade Teta	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
328	Communicating With Honesty, Humility and Humor!	Steve Shenbaum	1 hours, 50 minutes	0.20	2.00	1.80	2.00	2.00	0.20	2.00	2.00	0.00	2.00	2.00

322	Combine360: Athletic Movement	Peter Twist, MSc	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
322	Combine360: Athletic Movement	Combine360 Team	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
323	Warding Patterns-Essential Training for Clients/Athletes	Michol Dalcourt	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
324	Training Tactical Athletes	Bryan Fass	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
325	TPPT: Foot and Lower-Leg Myofascial Matrix-The Hidden Treasure of Functional Training and Sports Performance	Cassidy Phillips	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
325	TPPT: Foot and Lower-Leg Myofascial Matrix-The Hidden Treasure of Functional Training and Sports Performance	Emily Spichal	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
326	FAI: The New Impingement-Clarifying the Myths	Chris Gellert, MPT	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
327	Rest-Based Training	Jade Teta	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.20	2.00	2.00
328	Communicating With Honesty, Humility and Humor!	Steve Shenbaum	1 hours, 50 minutes	0.20	2.00	2.00	2.00	2.00	0.20	2.00	2.00	0.00	2.00	2.00