

# Personal Training Sessions

## Friday, August 12

### TIME BLOCK A 7:00am–7:45am

- 101 **2 4** **SPRI®: 360 Training—From Function to Performance** *wo Patrick Goudeau*
- 102 **1 4** **TRX® Superhero Workout** *wo Jonathan Ross*
- 103 **1 4** **Kickboxing Balance Challenge** *wo Albert Isordia*
- 107 **1 4** **StickFusion™** *wo Susie Lewis and Sifu Courtney White*
- 109 **1 4** **Corebar™—The New Bar in Town** *wo Anita Tonne*
- 110 **1 4** **Urban Challenge Boot Camp** *wo Ryan Halvorson*
- 111 **1 4** **Lebert Fitness: Body-Weight Partner Training** *wo Marc Lebert and Christopher Roche*
- 112 **1 4** **Indo-Row®: The Perfect Calorie Burn** *wo Josh Crosby and Keli Roberts*
- 117 **1 4** **Schwinn® Cycling: Road Ride Results** *wo Gregg Cook*
- 118 **1 4** **Spinning® 300** *wo Josh Taylor*
- 119 **1 4** **Keiser®: Reaching the Summit** *wo Krista Popowych*
- 120 **1** **Power Kranking®** *wo Mike Michels*

### TIME BLOCK B 8:00am–9:50am

- 130 **1 4** **Perform Better: Boot Camp 2011** *ws Todd Durkin, MA*
- 131 **1 3** **Be a Back Training Coach** *ws Leslee Bender*
- 132 **1 2 3** **Sports Performance and Movement Preparation** *ws Cassidy Phillips*
- 133 **1 3** **Introduction to Kettlebell Basics** *ws Steve Cotter*
- 134 **1 3** **C.H.E.K Institute: Primal Pattern® Movement System** *ws Josh Rubin*
- 135 **1 2** **TRX® Planar Training** *ws Fraser Quelch*
- 136 **1 3** **Save Your Back: Get Your Butt in Gear!** *ws Eric Beard, MS*
- 140 **1 5 7** **Creating Lifelong Fitness in Youth—Strength Development (Part 1 of 2)** *LWS Brett Klika and Paul Stricker, MD*
- 141 **6** **Sports Supplements—Promises and Pitfalls** *L Scott Josephson, MS, RD*
- 142 **1** **Advanced Training Skills for the Optimal Exercise Experience: Lower Extremity and Core (Part 1 of 2)** *LWS Tom Purvis, PT*
- 143 **7** **Gray Institute: Movement Science Applications** *L Lenny Parracino*
- 146 **2 10** **STOTT PILATES®: Golf Conditioning on the V2 Max Plus™ Reformer** *ws Sally Belanger*

### TIME BLOCK C 10:20am–12:10pm

- 160 **1** **Body Express Makeover** *ws Michael George*
- 161 **1** **TRX® Chain Stretching** *ws Jonathan Ross*
- 146 **1 3** **Get Functional With ViPR—Whole-Body Training at Its Best!** *ws Michol Dalcourt*

### CONTINUED TIME BLOCK C

- 162 **1** **Six Steps to Better Program Design** *ws Michol Dalcourt*
- 163 **2** **Combine Training Challenge System** *ws Peter Twist, MSc, and C360 Faculty*
- 164 **1 2 4** **BOSU® Plyo Progressions** *ws Douglas Brooks, MS*
- 165 **1 4** **HIIT Training—High Intensity Interval Training** *ws Mindy Mytrea*
- 166 **1 4** **Club Spotlight: Equinox® Presents ViPR™ Wars** *wo Lashaun Dale, MPH, Keith Irace, Jeffrey Scott and Lisa Wheeler Special Time: 10:20–11:50am*
- 170 **6 8** **Solving Your Clients' Biggest Dieting Dilemmas** *L Kara Mohr, PhD*
- 171 **6** **Ultimate Metabolic and Calorie-Burning Makeover** *L Len Kravitz, PhD*
- 172 **1** **Advanced Training Skills for the Optimal Exercise Experience: Upper Extremity (Part 2 of 2)** *LWS Tom Purvis, PT*
- 173 **1 5 7** **Creating Lifelong Fitness in Youth—Turning Preparation Into Performance (Part 2 of 2)** *LWS Brett Klika and Paul Stricker, MD*
- 177 **2 10** **STOTT PILATES®: Functional Athletic Core Conditioning on the Cardio-Tramp** *ws John Garey, MS*
- 181 **1 4** **Indo-Row®: The Perfect Calorie Burn** *ws Jay Blahnik and Josh Crosby*

### TIME BLOCK E 2:10pm–4:00pm

- 191 **1 3** **Gray Institute: Assessment and Solutions for the Foot and Ankle** *ws Lenny Parracino*
- 192 **3** **C.H.E.K Institute: Stand Up Straight!—Understanding Posture** *ws Josh Rubin*
- 193 **1** **SPRI®: 360 Training—Hit It Hard!** *ws Robert Sherman*
- 194 **1 2** **CrossFit: Defined and Determined** *ws Doug Katona*
- 195 **1 3** **Kettlebell Rehab—Hardstyle Methods in Corrective Exercise** *ws Mark Cheng, PhD, and Doug Nepodal*
- 196 **1 2 4** **4 Top Guns, 4 Zones—Athletic Training That Brings It!** *wo Douglas Brooks, MS, Todd Durkin, MA, Fraser Quelch and Peter Twist, MSc*
- 199 **5** **ACE IFT™—Integrated Fitness Training™ for Active Aging (Part 1 of 3)** *ws Fabio Comana, MA, MS*
- 200 **6** **Winning at Losing—Weight Management Made Simple** *ws Scott Josephson, MS, RD*
- 201 **9** **Power-Up Your Return on Investment With Vibration Training** *L Tony Swain*
- 202 **9** **Build Your Brand and Your Career Success** *L Nicki Anderson*
- 203 **1 3** **Contraindicated Exercises: How Good Exercises Become Bad** *ws Greg Roskopf, MA*
- 210 **1 4** **Indo-Row®: Circuit Challenge** *ws Jay Blahnik, Josh Crosby and Keli Roberts*

### TIME BLOCK F 4:30pm–6:20pm

- 220 **1 2 4** **Club Spotlight: 24 Hour Fitness Presents Nike Training Club Workout** *wo Linda McHugh, Ingrid Owen and the 24 Hour Fitness Presenter Team*
- 221 **3** **The Top 10 Corrective Exercises** *ws Justin Price, MA*
- 222 **1 2 4** **Sport-Specific Training With FLEXI-BAR® and XCO-Trainer®** *ws Barbara Klein, Clay Grant and Andy Sasse*
- 223 **1** **TRX® Advanced Core Conditioning** *ws Jonathan Ross*
- 224 **1 4** **BOSU® Amped!** *ws Amy Dixon and Rob Glick*
- 229 **9** **Permit Pro—Getting Venues for Outdoor Fitness** *L Lisa Druxman, MA*
- 230 **1 7** **Barefoot Running—The Road Less Traveled** *LWS Stacey Lei Krauss*
- 231 **7** **Eccentric Exercise: Everything You Wanted to Know and More!** *L Len Kravitz, PhD*
- 232 **6** **Eat to Win—Enhance Performance** *L Christopher Mohr, PhD, RD*
- 233 **8** **Communicating With Honesty, Humility and Humor** *L Steve Shenbaum*
- 234 **1 4 10** **Total Massage and Relaxation** *ws Norma Shechtman, MEd, MA*
- 242 **1 4** **Indo-Row®: The Perfect Calorie Burn** *ws Jay Blahnik and Josh Crosby*
- 243 **1 2** **Train Like an Ultimate MMA Fighter** *ws Kevin Kearns*

## Saturday, August 13

### TIME BLOCK H 7:00am–7:45am

- 300 **1 2 4** **TEAM Training** *wo Peter Twist, MSc*
- 301 **1 2 4** **Body-Weight X-Games—Extreme Body-Weight Blast!** *wo Brett Klika*
- 302 **1 2 4** **CrossFit: Unleash the Power** *wo Doug Katona*
- 303 **1 4** **TRX® Superhero Workout** *wo Jonathan Ross*
- 310 **1 4** **Urban Challenge Boot Camp** *wo Ryan Halvorson*
- 311 **1 4** **Lebert Fitness: Body-Weight Partner Training** *wo Marc Lebert and Christopher Roche*
- 312 **1 2 10** **STOTT PILATES®: Introduction to Athletic Conditioning on the V2 Max Plus™ Reformer** *wo John Garey, MS*
- 313 **4** **Bodyblade®: Core Like Never Before** *wo Renee Spriggs*
- 316 **1 4** **Schwinn® Cycling: From My Class to Yours** *wo Stacey Lei Krauss*
- 317 **1 4** **Keiser®: A Creative Ride—The Workout** *wo Suzette O'Byrne*
- 318 **1 4** **RealRyder® Indoor Cycling** *wo Douglas Brooks, MS, and Adam Reid*
- 319 **1 4** **Power Kranking®** *wo Becky Jalbert*

# Personal Training Sessions

## TIME BLOCK J 10:00am–11:50am

- 341 **1 2 3** Golf Mechanics and Functional Corrections L/WS *Chuck Wolf, MS*
- 342 **1 2** Twist Smart Muscle® Training System WS *Peter Twist, MSc*
- 343 **1 4** Tools for Training the Torso WS *Sherri McMillan, MSc*
- 344 **1 2** Perform Better: Train the Joes Like the Pros 2011 WS *Todd Durkin, MA*
- 345 **1** What's in Your Exercise Library? Manipulating Acute Variables to Gain More! WS *Bill Sonnemaker, MS*
- 346 **1 3** Gray Institute: Assessment and Solutions for the Hip WS *Lenny Parracino*
- 350 **1 4** BOSU® Xplode WS *Shannon Fable*
- 351 **9** Facebook for Fitness Pros L *Amanda Vogel, MA*
- 352 **6 8** Triage for Success—Helping Clients Realize Their Goals L *Nicki Anderson, Christopher Mohr, PhD, RD, and Kara Mohr, PhD*
- 353 **3** Understanding Knee Pain L *Greg Roskopf, MA*
- 354 **9** Career Options in the Fitness Industry L *Ryan Halvorson*
- 355 **1 5 6 7** Women, Weights and Results! L *Scott Josephson, MS, RD*
- 356 **4** Bodyblade®: Circuit...Work It! WS *Renee Spriggs*
- 357 **1 4 10** Creating Mindful Walking/Running Programs WS *Lawrence Biscontini, MA*

## TIME BLOCK L 1:45pm–3:35pm

- 370 **3** Joint Integrity and Injury Prevention—Shoulder and Spine WS *Michol Dalcourt*
- 371 **1 2** Speed Rules—Getting There First! WS *Scott Schreuder*
- 372 **4** The Win–Win Formula: Keys to Successful Small-Group Training WS *Troy Fontana*
- 373 **1** Function Versus Physique—Help Clients to Achieve THEIR Goals WS *Ron Mathews*
- 374 **1 2 4** Perform Better: TD's I.M.P.A.C.T. Challenge WS *Todd Durkin, MA*
- 379 **1** Creative Kettlebell Training WS *Sherri McMillan, MSc*
- 380 **7** The Science of Longevity L *Len Kravitz, PhD*
- 381 **9** Creating a Six-Figure Boot Camp Experience L *Christopher Mohr, PhD, RD, and Kara Mohr, PhD*
- 382 **5 6 7** Metabolic Syndrome—What You Need to Know! L *Roberta Anding, MS, RD*
- 384 **1 3** Flexibility Highways “In Motion” LWS *Chuck Wolf, MS*
- 385 **1 5 10** STOTT PILATES®: Equipment Programming for Breast Cancer Rehab LWS *Sally Belanger*
- 390 **1 4** Spinning®: Technical Training WO *Josh Taylor*
- 393 **1 4** Indo-Row®: The Perfect Calorie Burn WS *Jay Blahnik and Josh Crosby*

## TIME BLOCK M 4:00pm–5:50pm

- 400 **3** Gray Institute: Assessment and Solutions for the Thoracic Spine WS *Lenny Parracino*
- 401 **1 4** Body-Weight Training—Function or Fiction WS *Marc Lebert and Christopher Roche*
- 402 **1 4** SPRI®: 360 Training—Turn It Up, Turn It Down: How to Progress and Regress Training Intensity WS *Robert Sherman*
- 403 **1 4** Turn Your Toys Into a Tool Box! WS *Keli Roberts*
- 404 **1 2 4** Advanced Concepts in Body-Weight Training: Suspension Training® WS *Bill Sonnemaker, MS*
- 410 **9** Weighing in on *The Biggest Loser* PANEL *Amanda Vogel, MA (Moderator)*
- 412 **1 3 7** Footwear and Function: What All Fitness Professionals Should Know L *Michol Dalcourt*
- 413 **1 7** The Science and Application of Metabolic Training L *Fraser Quelch*
- 414 **1 5 7** ACE IFT™—Training Strategies for Clients With Chronic Health Conditions (Part 2 of 3) LWS *Cedric Bryant, PhD*
- 417 **1 4 10** Total Massage and Relaxation WS *Norma Shechtman, MEd, MA*
- 421 **1 4** Indo-Row®: The Perfect Calorie Burn WS *Jay Blahnik and Josh Crosby*

## Sunday, August 14

## TIME BLOCK O 7:00am–7:45am

- 500 **1 2 4** Basic Training—Boot Camp Fitness Program WO *Rodney D. Carson*
- 501 **1 4** Take the Mobility-Stability Challenge WO *Eric Beard, MS*
- 502 **4** FLEXI-SPORTS: Train Hard—Train Smart WO *Barbara Klein, Clay Grant and Andy Sasse*
- 504 **1 4** Tabata Training WO *Eve Fleck, MS*
- 505 **4** R.I.P.P.E.D.™—The One Stop Body Shock WO *Alex Isaly and Terry Shorter*
- 510 **4** Bodyblade®: Core Like Never Before WO *Renee Spriggs*
- 514 **1 4** Schwinn® Cycling: From My Class to Yours WO *Kimberly Spreen*
- 515 **1 4** Spinning® You Might As Well Win WO *Josh Taylor*
- 516 **1 4** Keiser®: Circuit Challenge WO *Krista Popowych*
- 517 **1 4** Power Kranking® WO *Mike Michels*

## TIME BLOCK P 8:00am–9:50am

- 520 **4** reVamp®—Nitro! WO *Brett Hoebel*
- 521 **1 2 7** The Runner's Clinic WS *Jason Karp, PhD*
- 522 **1 2 5** Inspiring Athleticism in Our Youth WS *Peter Twist, MSc*
- 523 **1 2 5** ACE IFT™—Performance Training After 40 (Part 3 of 3) WS *Pete McCall, MS*

## CONTINUED TIME BLOCK P

- 524 **1 7** TRX® Advanced Concepts in Foundational Movement WS *Dan McDonogh*
- 525 **1 4** BOSU® Playground Challenge WS *Julz Arney and Jay Blahnik*
- 527 **4** Obstacle Course WS *Patrick Goudeau*
- 530 **9** Make Money Writing About Fitness L *Amanda Vogel, MA*
- 531 **6 7** Sarcopenia—Exploring Solutions to Age-Related Muscle Loss L *Roberta Anding, MS, RD*
- 532 **8 9** Excellence in Fitness Leadership—Overcoming Challenges L *Sherri McMillan, MSc*

## TIME BLOCK Q 10:20am–12:10pm

- 550 **1 4** The Warrior Workout WS *Tony Horton*
- 551 **9** Corrective Flexibility for Common Postural Dysfunction Patterns LWS *Bill Sonnemaker, MS*
- 552 **1 2** Combine Training Challenge System WS *Peter Twist, MSc, and C360 Faculty*
- 553 **1** Advanced Cuing for Maximal Training Results WS *Lauren Eirk*
- 554 **1 2 4** BOSU® HIT Athletic Cardio WS *Keli Roberts*
- 560 **9** Fitness in the Media L *Lori Corbin*
- 561 **6 7** Supporting Active Lifestyles With Omega-3s L *Mackie Shilstone, MA, MBA*
- 562 **5 6 7** A Collaborative Approach to Childhood Obesity L *Julian Varela, MS*
- 563 **3 10** STOTT PILATES®: Postural Analysis Review LWS *Matthew Comer, MS*

## TIME BLOCK S 2:10pm–4:00pm

- 580 TBD WS *Presenter TBD*
- 581 TBD WS *Presenter TBD*
- 582 **4** Power Ball WS *Patrick Goudeau*
- 583 **1 4** TBD WS *Presenter TBD*
- 584 **1 3** Low-Back Savers LWS *Tony Ambler-Wright, MS*
- 585 **4** Stopwatch and GO! WS *Eve Fleck, MS*
- 588 **1 4** Full-Body Flexibility—Yoga-Inspired Stretch WS *Jay Blahnik*
- 589 **4 7** Teach Standards-Based Physical Activities That ALL Schools Will Embrace WS *Darren Avrit, MS*
- 590 **1 9** At-Home Training L *Krista Popowych*
- 591 **7** The Art and Science of Recovery L *Jason Karp, PhD*
- 592 **9** Your Business Culture—The Key to Your Success L *Troy Fontana*
- 595 **1 4 10** Spa for the Soul WS *Lawrence Biscontini*
- 597 **1 4** Spinning®: Bodyblade® Circuits WO *Renee Spriggs*