

**PFT- SMALL CHAINS**  
**SAMPLE SCHEDULES**

<b>Key:</b>	<b>WO = Workout</b>
	<b>WS = Workshop</b>
	<b>L = Lecture</b>

<b>OPTION 1</b>			
	<b>PRECON SUGGESTIONS:</b>	102	Functional Aging Specialist Certification Course
		103	ACE®: The Personal Training Workshop: Client Communication, Assessment, and Program Design
		105	TRX®: Functional Training Course
		106	Tabata Bootcamp™

<i>DAY/TIME</i>	<i>#</i>	<i>SESSION TITLE</i>	<i>OR...</i>	<i>#</i>	<i>SESSION TITLE</i>
Thursday, July 20th, 7:00am-7:45am	204	NASM®: Morning Jumpstart Workout WO	<b>OR...</b>	203	The IDEA Rookie Rumble- 35th Anniversary Edition! (7:00-8:00am) WO
Thursday, July 20th, 8:00-9:50am	236	AFAA®: How to Use Group Fitness to Build Your 1-on-1 Training Business WS	<b>OR...</b>	238	TEAM Training: Exercise Games and Serious Results! WS
Thursday, July 20th, 10:15am-Noon	<b>OPENING CEREMONIES...KEYNOTE ADDRESS, AWARDS, PRESENTATIONS</b>				
Thursday, July 20th, 12:45-1:45pm	260	IDEA World MEGA Circuit WO			
Thursday, July 20th, 2:00-3:50pm	276	Global Assessment Versus Local Assessments, by Gray Institute® WS	<b>OR...</b>	272	TRX®: Power and Explosiveness WS
Thursday, July 20th, 4:45-6:00pm	313	Completely Core WS	<b>OR...</b>	314	SandBells for Small Group Training, by Hyperwear WS
Friday, July 21st, 7:30-9:20am	408	Assist – Resist - React, Powered by Stroops WS	<b>OR...</b>	412	The Better, Not Perfect, Nutrition Plan L
Friday, July 21st, 9:40-11:30am	441-A; 441-B	Today’s Food Conversation L (9:40-10:40am); Can Technology Be Harnessed To Inspire Lasting Behavior Change? L (10:40-11:30am)	<b>OR...</b>	450	Complete Program Design for the Obese/Overweight Client, Updated for 2017 WS
Friday, July 21st, 1:30-3:20pm	501	Communicating With Your Female Clients for Breakthrough Results, by Perform Better® L	<b>OR...</b>	497	Training the Transverse Plane, by Gray Institute®
Friday, July 21st, 3:30-5:00pm	530	Lead Generation Made Easy: Get More Clients in the Door L			
Friday, July 21st, 4:30-6:00pm	548	Retain and Motivate Members With Polar® Club—Heart Rate-Based Training WS	<b>OR...</b>	545	Little Tweaks for Big Results! WS
Saturday, July 22nd, 7:30-9:20am	604	Optimize Function and Mobility with Strong and Stable Shoulders and Glutes WS	<b>OR...</b>	607	TriggerPoint™ Myofascial Compression Techniques for Injury Prevention and Better Movement WS
Saturday, July 22nd, 9:40-11:30am	646	Resilience of the Big Movement Rocks WS	<b>OR...</b>	647	Mix Up Your Client’s Routine with 10 Minute Quick Fix Workouts WS
Saturday, July 22nd, 12:00-1:00pm	690	The Best of Tony Horton			
Saturday, July 22nd, 1:30-3:00pm	703	TD’s WOW Workout! Sponsored by Perform Better WO	<b>OR...</b>	705	MOVE IT—Functional Group HIIT WS
Saturday, July 22nd, 3:35-5:05pm	752	Promote Behavior Change with Better Coaching L	<b>OR...</b>	746	Creative Circuits—5 Steps to Better Program Design WS
Sunday, July 23rd, 7:30-9:20am	808	Building a Base: Prepare Clients for Success WS	<b>OR...</b>	807	The Female Training Advantage—Updated for 2017 L
Sunday, July 23rd, 9:40-11:30am	824	Design Programs That Deliver the Ultimate Client Experience! L	<b>OR...</b>	826	Safe Nutrition and Training Guidance for Your Diabetic Clients L

<b>POSTCON SUGGESTIONS:</b>	900	SGT. KEN®’s Boot Camp Instructor Certification Course WS
	901	Cutting Edge Training Methodology for Achieving Optimal Body Composition

OPTION 2				
	PRECON SUGGESTIONS:	101	BOSU® Skills and Drills for Small Group Training	
		109	Precision Nutrition Coaching Revealed	
		112	TriggerPoint™: From Assessments to Performance—Using Mobility as the	
		104	Effective and Complete Program Design for the Fitness Professional—The 4Q Model	

DAY/TIME	#	SESSION TITLE	OR...	#	SESSION TITLE
Thursday, July 20th, 7:00am-7:45am	206	The G2S Workout WO	OR...	210	Athletic Playground WO
Thursday, July 20th, 8:00-9:50am	232	Complete Strength Development WS	OR...	231	Prepare To Move! By Escape Fitness® WS
Thursday, July 20th, 10:15am-Noon	OPENING CEREMONIES...KEYNOTE ADDRESS, AWARDS, PRESENTATIONS				
Thursday, July 20th, 2:00-3:50pm	275	Functional Fascia Flexibility, by ActivMotion Bar WS	OR...	271	IDEA World MEGA Circuit WO
Thursday, July 20th, 4:45-6:00pm	324	Epic Team Training WO	OR...	311	TRX®: Rotation Matters WS
Friday, July 21st, 7:30-9:20am	403	Boutique Boot Camps—Deliver the Ultimate Experience, by Escape Fitness® WS	OR...	410	Extreme Exercise Makeover! WS
Friday, July 21st, 9:40-11:30am	445	Insights Into Functional Training and Corrective Movement WS	OR...	449	Current Evidence & Concepts on Myofascia WS
Friday, July 21st, 1:30-3:20pm	496	Tri-planer Program Design with a Purpose WS	OR...	491-A; 491-B	Goodbye Infobesity, Hello Action Plan! L (1:30-2:30pm); Motivational Interviewing Skills Produce Targeted Results L (2:30-3:20pm)
Friday, July 21st, 3:30-4:20pm	533	POWER HOUR: REALRYDER CYCLING: Rhythm Nations WO			
Friday, July 21st, 4:30-6:00pm	543	Enhance Coordination, Strength, and Function with the RMT® Club, Powered by Power Systems WS	OR...	549	Nutrition Myth Busters: Science Fact or Fiction? L
Saturday, July 22nd, 7:30-9:20am	608	NASM®: Boot Camps and Group Training—How to Organize the Madness WS	OR...	617	Sprint Intensity Cardio Training—Proven 8 Week Transformations, by Matrix® WS
Saturday, July 22nd, 9:40-11:30am	650	Anatomy in Three Dimensions™: Common Knee Problems and Solutions WS	OR...	641-A; 641-B	A Winning True Health Through Lifestyle and Behavior Change L (9:40-10:40am); Weighing The Evidence Behind Nutrition Research L (10:40-11:30am)
Saturday, July 22nd, 12:00-1:00pm	690	The Best of Tony Horton			
Saturday, July 22nd, 1:30-3:00pm	706	Boxing Fundamentals for Small Group Training, by Matrix® WS	OR...	711	Cue Movement & Exercise with Hip Anatomy, by NFPT WS
Saturday, July 22nd, 3:35-5:05pm	740	Creating Your Ideal Business Action Plan L	OR...	745	NASM®: Challenges and Training Solutions for Gen-X Clients WS
Sunday, July 23rd, 7:30-9:20am	806	Food Psychology: Why We Eat More Than We Think, by Sun-Maid Growers of California L	OR...	801	Upper Cross Syndrome—Strategies to Reverse Pain WS
Sunday, July 23rd, 9:40-11:30am	822	Build Variety Into Your Functional Training Program WS	OR...	827	Leadership is Worth Fighting For L

POSTCON SUGGESTIONS:	900	SGT. KEN®'s Boot Camp Instructor Certification Course WS
	901	Cutting Edge Training Methodology for Achieving Optimal Body Composition