

FRIDAY, FEBRUARY 26

Time Block A • 9:15am–12:05pm

100 Flexibility Highways “In Motion” WS

PREMIERE

Chuck Wolf, MS

Most trainers, at one point or another, have worked with clients who have experienced a loss of range of motion and stability. What do you do with these clients? And, will a simple stretching regimen solve the problem? Find the answers to these questions and more in this extended session. We will begin by examining the six integrated chain relationships and their involvement with adjacent muscle groups to attain optimal function and performance. Then we will focus on movement-pattern progressions that are known to enhance range of motion while maintaining strength within each of the six “flexibility highways,” ultimately improving quality of movement and performance.

101 Train the Joes Like the Pros 2010 WS

Todd Durkin, MA

Are you looking for some new ideas, a ton of fun and programming that will deliver a phenomenal experience for your clients? If so, you will not want to miss this one-of-a-kind workshop. You’ll learn the most effective tools, drills and exercises to get all your clients optimal fat-burning and fitness-performance results. You’ll also experience a “metabolic blast” workout that incorporates the same movements and methodologies Todd uses with all his professional athletes (and average Joes and Janes) to maximize time, efficiency and equipment.

102 Top 10 Medicine Ball Exercises WS



Juan Carlos Santana, MEd

Medicine ball training is big! And there is a plethora of medicine ball products and exercises to choose from. So how do you decide what exercises to do with the equipment that’s out there? JC takes the guess-work out of medicine ball training by sharing his top 10 exercises! This workshop will cover the technique and application of his favorite medicine ball exercises and he’ll show you how they can be used for one-on-one personal training, semi-private training and group classes.

103 The Progression Pyramid WS PREMIERE

Peter Twist, MSc

Motivated to constantly challenge their clients, the best trainers look for well-designed strategies they can use to achieve specific performance outcomes. If you are looking for new ways to overload and stimulate improvement (beyond the usual load and heart rate formulae), this session will provide you with a system of multiple variables that can be manipulated to stimulate improvement. These tools and concepts are sure to help your clients achieve the highest level of tangible performance in order to excel in sport and live a vibrant life.

104 Functional Training in 3D—Matrix Logic L PREMIERE

Doug Gray and Gary Gray, PT

A matrix is a logical, three-dimensional exercise technique that allows the body to function in the manner in which it was designed to move. Each matrix is created based on the principles and strategies of applied functional science. This session will not only introduce and teach the principles and strategies of applied functional science, but it will empower trainers to create and utilize matrices (proper training techniques) for ALL clients and ALL purposes.

105 Kids Fitness—Expanding Their Movement Vocabulary for Life L PREMIERE

Pat McCloskey, MS

Just as a vocabulary of words is developed through many experiences and methods, a child’s movement vocabulary should also be developed using a multidimensional approach. In this session, you’ll be exposed to the insights and applications of applied functional science and its incredible impact on kids’ exercise programs. Whether you are enhancing the PE experience at your local elementary school, coaching varsity players to greater athletic capacity or creating a fitness training business that caters to kids, the principles, strategies and techniques taught in this session will empower kids to play their way through exercise to live healthier, happier lives.

106 STOTT PILATES® STOTT PILATES®  
Programming for Scoliosis Management L WS



John Garey, MS

Clients with scoliosis face genuine issues when looking for a suitable exercise program. In this workshop, you will learn about the root cause of scoliosis and the different forms of the condition. We will then look at case studies that will challenge your understanding of scoliosis and we’ll look at potential programming solutions for their obstacles.

107 Functional Proprioceptive Training WS  
Fraser Quelch

Create a peak glute contraction with a simple arm motion! Fire your calves with a reach of the foot! Understanding how our body is driven to react to our actions and how we can harness this incredible proprioceptive power is redefining the way we train our clients. Learn how to use this powerful technique to create functional chain reactions that will increase muscle activation and bring your clients to their peak.

Time Block B • 12:15–2:05pm

110 Functional 30-Minute Workouts WS

Annette Lang, MS

A 30-minute workout can be effective if you don’t waste a minute of it! After identifying your client’s needs and wants, you can organize your exercise choices to create an effective and tough workout. In this power-packed 1-hour session, we’ll examine several thought processes for 30-minute routines and one example of a full-body functional workout. You will then experience the exercises and learn how to incorporate them into your training options.

111 Secrets of Joint Mobility WS

Nick Tumminello

Discover simple, safe and extremely effective secrets for pain-free movement, increased mobility and improved performance. This workshop reveals the difference between muscle flexibility and joint mobility, and explains why your current dynamic flexibility, yoga or stretching routine may be ineffective and possibly promoting dysfunction. See how you can use self-joint-mobilization concepts to successfully evaluate and eliminate common joint limitations of the ankles, hips, thoracic spine and shoulder.

112 Corrective Exercise—An Introduction WS PREMIERE

Justin Price, MA

Most of a client’s pains and/or dysfunction can be alleviated through a program of corrective exercise. This session explains the theory behind corrective exercise and provides hands-on experience in designing individual corrective exercise programs for some of the most common musculoskeletal imbalances. This session will also provide trainers with tips on how to integrate corrective exercise strategies into their clients’ existing fitness programs.

113 Hot Off the Press! Nutrition News L PREMIERE

Pamela Nisevich, MS, RD, LD

What are the year’s hottest diet trends? Do they work? Are they appropriate for your clients? We’ll take a look at what’s in the news and talk about some topics that have popped up on our radar. For instance, we’ll tackle eating green. You’ve heard this term before, but what exactly is a green diet? Discover what makes a diet green, the benefits of eating green and how to incorporate a greener diet into your busy life. This topic and more, so stay tuned as we talk about eating lean, green and healthy.

114 Small Group—Big Results WS PREMIERE

Peter Twist, MSc

We all know that small-group training is on the rise and that it makes good economic sense to offer these programs. Your clients don’t need one-on-one training to develop strength, speed, agility, power, explosive core rotation, balance and coordination. Get specific examples of skills, drills, exercises and techniques, along with a progressive methodology so you can develop your own sport-inspired small-group workouts. Experience firsthand how competition + play = hard work + fun.

115 Winning the Culture War With Exercise and Fitness L



Juan Carlos Santana, MEd

As a society, we are facing a culture war that challenges people’s value systems, resolve and discipline. In this eye-opening presentation, JC will point to the 800 lb gorilla in the room that everyone avoids—the real reason people go to gyms. The insight gained from this presentation will provide fitness professionals with strategies that can help their clients successfully fight the culture war of the new millennium.

116 STOTT PILATES® STOTT PILATES®  
Fitness Circle® Flow WO



John Garey, MS

Increase strength, flexibility and muscle tone with the dynamic Fitness Circle resistance ring. This energizing workout will help you develop greater body awareness. Cues and corrections for safety and effectiveness will be included.

117 TRX® Circuits for Metabolic Training WO



Fitness Anywhere

Jonathan Ross

Are you ready to integrate the TRX Suspension Trainer® into the latest hard-core trend? Participants in this session will push themselves through a number of fast-paced, circuits that capitalize on the unique full-body integration, exercise versatility and unmatched transition capability that makes the TRX the perfect complement to this intense style of training.

**KEY**

WO Workout WS Workshop  
L Lecture L/WS Lecture & Workshop  
PREMIERE New Session Never Offered Before  
PRECON Preconference Session

Register Now! [CLICK HERE](#)

Time Block C • 2:15–5:05pm

**120 Functional Training in 3D—Matrix**

Applications WS **PREMIERE**

*Doug Gray and Gary Gray, PT*

With an understanding of applied functional science and the powerful strategy of tweakology (altering exercises for specific purposes) comes numerous techniques to allow our clients to function more optimally and authentically. A matrix is a logical, three-dimensional way to train that provides variety and continuity to any program. This session explores many matrices, which can be utilized in any environment for the betterment of our clients' health and well-being.

**121 Vital Anatomy—Functional Applications**

WS **PREMIERE**

*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. The secret is to obey the laws of function. In this interactive session, we'll discuss exercise and movement applications that are consistent with the body's design; a six-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.

**122 Corrective Exercise—**

**The Missing Link** WS **PREMIERE**

*Mary Bratcher, MA, and Justin Price, MA*

Corrective exercise program design requires the use of these essential tools: knowledge of basic anatomy, structural assessment skills, and an extensive corrective exercise library. It also requires the ability to consider the individual needs and learning styles of each client. This groundbreaking session will teach you step by step how to incorporate coaching strategies into your corrective exercise programs that are bound to motivate, educate and rejuvenate clients and get them back on track with their fitness goals.

**123 Top 10 Band Exercises** WS



*Juan Carlos Santana, MEd*

Bands and pulleys have become some of the hottest functional training modalities today, and there are hundreds of exercises for them from which to choose. To make life easier for you, JC has narrowed the field and provided you with his top 10 band and pulley exercises. This workshop will cover the technique and application of band and pulley training. See how these 10 exercises can be integrated into any traditional workout, be used on the road for clients who travel, as well as provide plenty of variety for "on-field" small-group workouts.

**124 Top 10 Ways to Grow Your Business in**

**2010!** L **PREMIERE**

*Todd Durkin, MA*

Are you looking for specific strategies to grow and improve your business in spite of these economically-challenging times? Creative out-of-the-box programs and ways to deliver what your clients need now will be presented. Todd will share his top business techniques that have allowed his training business to grow close to 10% in the last year. Additionally, Todd will facilitate a strategic-planning exercise for you to identify and prioritize the critical action steps that must be taken to maximize your business results. Attend this workshop if you want your life and business to change for the better!

**125 Critical Program Design Strategies** L

*Dan Hellman, MPT*

This holistic dissection of program design will share skills that you are unlikely to learn anywhere else! For example, traditional periodization is broken down into microcycles and mesocycles, but many athletes and exercisers fail to reach their goals because they have not yet mastered circadian cycles! This lecture will provide you with new ways to view and manipulate program variables and show you how to recognize common roadblocks to success in any client. If you are looking for a program design edge or have been in the business for a number of years and are tired of hearing about 8–12 reps with a 1-minute rest, this class is for you!

**126 Reactive Balance for Senior Clients** WS

**PREMIERE**

*Annette Lang, MS*

Losing your balance is okay; the concern is when you don't recover it! Your client's ability to react to where they are in space, and to right their position in order to prevent falling, is crucial. In this session, we will expand on traditional balance exercises where you stay still, and work on more functional options. You will experience reactive drills where you can recover your stride and posture. These drills can be incorporated into your training sessions at the appropriate level for your senior clients.

**127 TRX® Sport**



Performance WS

*Fraser Quelch*

Some of the world's top coaches and athletes are integrating TRX Suspension Training® into team or individual athlete programs to reach peak results. Learn how these techniques can be adapted to be safe and effective for any client with functional and athletic aspirations. This session will provide a program targeted specifically for enhancing general athletic ability and will also address specific strategies for individual sports.

**SATURDAY, FEBRUARY 27**

Time Block D • 9:15am–12:05pm

**200 BOSU® Athletic Balance**

Progressions WS **PREMIERE**

*Douglas Brooks, MS*



Using the BOSU Balance Trainer, the BOSU Ballast® Ball and other cutting-edge sport-conditioning equipment, you will explore the theoretical and the mechanical foundations of dynamic integrated balance under changing conditions of instability and varied movement requirements. Innovative drills, technique cues and coaching commands are designed to help anyone move better by improving proprioception, stability, balance and muscular coordination.

**201 Core Training: Going Global** WS **PREMIERE**

*Rodney Corn, MA, and Michol Dalcourt*

For the last decade, the health and fitness industry has been enamored with the core. Countless presentations, articles, research studies and opinions have all centered on this topic. 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 viewed and then discussing 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.

**202 Bridging the Gap Between Rehabilitation and Performance: Linear Movement** WS

*Sue Falsone, MS, PT*

If you have athletic clients who are done rehabilitating from an injury, but are not quite ready to engage in high-level training (or return to full participation in a particular sport), this session is for you. Join us as we take a look at the performance-training continuum. Movement efficiency and motor learning will be discussed, as they are critical factors in developing high-performance athleticism. This session will focus on returning to linear movement, thereby helping your clients to get back to serious performance training.

**203 H<sub>2</sub>O Impact Training** WS **PREMIERE**

*Jay Dawes, MS*

In this interactive session, personal trainers will learn the benefits of training with water-filled training devices for developing strength, power, stability, agility and core strength. Participants will discover the strategies for incorporating this exciting new form of resistance training into a comprehensive training program.

**204 Meal Planning for Nutrition Neophytes!** L

**PREMIERE**

*Pamela Nisevich, MS, RD, LD*

This interactive session will take an insider's look at how to design healthy meals for self and family. Come prepared to learn about how much energy you really need and how to design a pattern of eating that provides plenty of energy and nutrients without weighing you down—mentally or physically. Topics will include calculating nutrient needs, how to stock your kitchen to meet your family's needs, cooking methods to promote better health, and more. By the end of this session, participants will not only know how much and how often to eat, but will head home with plenty of meal ideas that will satisfy taste buds while keeping waistlines in check.

**205 JC's Midlife Makeover**



Workshop L

*Juan Carlos Santana, MEd*

This presentation expands on session #115. Participants will get specific strategies to use with their clients who may be overwhelmed by life's complexities and challenges—especially the Baby Boomers! The presentation will go over the components of a balanced life and how they are critical to the process of exercise programming and nutritional education. Specific attention will be given to the integration of spiritual time, physical time, social time, family time, work time and recovery time into people's lives.

**206 STOTT PILATES®**



**Pilates on the Green: Matwork for Golf, Levels 1 & 2** WS

*John Garey, MS*

Do you work with golfers who are looking to increase club-head speed and get more distance on the drive? This session introduces specific STOTT PILATES Matwork exercises that will help to improve body awareness, isolating crucial core muscles and combining the elements of strength with flexibility. In addition, participants will learn how to use the Matwork exercises to help their clients sharpen focus, strength, flexibility, balance and power in order to get that extra advantage on the green.

Register Now! [CLICK HERE](#)

**207 Corrective Exercise—An Integrated Approach Using Suspension Training** WS

**Bill Sonnemaker, MS**

Assessments, myofascial release, lengthening, activation and integration are the five key components of a successful corrective exercise program. When combined in the proper sequence, they provide the complete continuum of care needed to address and solve our clients' neuromuscular imbalances. In this session, we will uncover the scientific rationale for each component. In addition, you will see how to incorporate suspension training into your assessments and how to effectively use it to solve lower-extremity, lumbo-pelvic-hip and upper-extremity postural distortion patterns.

Time Block E • 12:15–2:05pm

**210 Dynamic Warm-Ups—New Concepts and Techniques** WS PREMIERE

**Nick Tumminello**

Discover a proven and easy-to-follow warm-up system that ensures optimal performance each time you train or compete. This workshop will challenge many current warm-up trends and show you a smarter, more purposeful approach to dynamic warm-up. Participants will learn how to use central nervous system (CNS) activation, muscle activation and dynamic mobility progressions to design seamlessly-integrated sequences that are guaranteed to help you get more benefit out of your warm-up than most professionals get in their entire session.

**211 Metabolic Conditioning Games—Playing Your Way Into Shape!** WS PREMIERE



**Jay Dawes, MS**

Training is often considered an arduous task to be endured rather than enjoyed. In this session, attendees will see how to disguise work as play and keep clients motivated to train and achieve optimal fitness levels at the same time.

**212 Are We Speaking the Same Language? Functional Nomenclature Defined** L

**Doug Gray and Gary Gray, PT**

There is a tremendous need for fitness professionals in the movement science industry to be able to clearly and completely identify any and all types of movement (exercises). This session introduces the principles and structure that will enable all trainers to identify, designate and apply movement with precision. With this foundational knowledge, trainers will not only be able to accurately describe functional movements, but they may also use this system to design effective exercise programs.

**213 TRX® Power Stretch** WO PREMIERE



**Fitness Anywhere**

**Jonathan Ross**

This experiential session uses the TRX to provide a library of active, passive and dynamic stretches and then puts these techniques together in a flowing sequence. Bring your participants to new levels of flexibility with this cutting-edge approach to flexibility and a sequence of full-body chain stretches.

**214 AMPED! Circuit Play** WO PREMIERE

**Douglas Brooks, MS**



Circuit training just got caffeinated! Get the workout of a lifetime and experience brand-new exercises, sequences and drills designed to amplify the energy AND the results. This session delivers hard-core training and hard-core fun! Here is your opportunity to experience unique training techniques and equipment that will give you more ideas than you can carry home. Get AMPED!

**215 The Best Balance Exercises Are Moving**

WS PREMIERE

**Annette Lang, MS**

Traditional balance exercises are done standing still. While these might be valuable, it makes sense to examine more functional choices for balance progressions. This session will look at the research in this area and present progressions that demand a dynamic response to changes in center of gravity in order to right oneself in space. Participants will experience exercise progressions that they can use immediately.

**216 Heavy Breathing—The Science and Practice of Respiration During Resistance Training** L PREMIERE



**Dan Hellman, MPT**

Breathing is the highest priority on the totem pole of life, yet the science and practical application of breathing has skipped past the weight room on its way to the mind-body studio! This lecture brings the research of respiration back to strength training and shows how commonly employed breathing techniques actually work to hinder the biomechanics and physiology of the body. You will learn how to assess breathing patterns and how properly-timed breathing can facilitate optimal movement and enhance performance during resistance training.

**217 Self-Myofascial Release—Just What You Knead** WS PREMIERE

**Sue Falsone, MS, PT**

In this focused 1-hour session, we will review the top myofascial problems you and your athletes deal with. Then you will get specific solutions (both short-term and long-term) on how to fix the knots your clients complain about. Walk away with tangible techniques to use with your athletes on Monday morning.

Time Block F • 2:15–4:05pm

**220 Trainer's Toolbox: Exercise Complexity** WS

PREMIERE

**Peter Twist, MS**

Experience a continuum of complex movement that integrates dynamic movement and balance with strength. A workout that combines these conditioning ingredients (and others) improves the connectivity between the mind and muscle and has direct transferability to the playing field. This intense workshop provides the comprehensive methodology to categorize and systematize exercise selection to make your client's program challenging and exciting. Trainers will experience exercise complexity variables firsthand in this cutting-edge workshop.

**221 Creative Total-Body Exercises Your Clients Will Love** WS

**Rodney Corn, MA**

There seems to be a never-ending need for fitness professionals to acquire more exercises, whether for burning calories or increasing performance. One of the best ways to quickly develop more exercises is to simply combine them. In this workshop, we will discuss a simple system you can use to safely and effectively create and progress a multitude of total-body exercises. We will then practice and play with the many different examples you create.

**222 Fix the Part—Mend the Whole** LWS

PREMIERE

**Justin Price, MA**

Pain-free and efficient movement in all three planes of motion requires the body to work as an integrated series of parts. If one part is dysfunctional, then the body has to compensate elsewhere to perform the desired movement. These compensations can lead to chronic pain. This session will teach you how to identify the specific part of a client's body that is the root cause of their pain. You will also learn strategies that correct the dysfunctional part to influence the whole, thereby helping your clients achieve pain-free fluid movement.

**223 Boot Camp 2010** WS

**Todd Durkin, MA**

It's time for an experience! Whether you teach boot camp now or are thinking about starting your own program, Todd will show you how to create one phenomenal workout by just using one's body weight as resistance. This class combines functional sports-training exercises, calisthenics, metabolic conditioning, partner training and group training, all while singing motivational and fun boot camp chants. Join in and experience a physical challenge that will leave you feeling mentally and emotionally uplifted and positively energized all day.

**224 Kids Camps—Make Your Passion Your Fortune** L

**Brett Klika**

Kids camps that focus on developing strength and speed is a growing and highly profitable niche in the sports training industry. We'll share "secret" methods for creating, marketing and administrating highly profitable summer athletic performance camps for youth. In addition, this workshop will offer tips on how to hire coaches, limit liability, and create an administrative marketing structure for future camps. This workshop is a must for anyone who currently works with, or would like to work with the youth athlete population.

**225 Nutrition for the Long Run** L

**Pamela Nisevich, MS, RD, LD**

Become informed about which macronutrients really matter (and where can you find them) and how much energy to supply for pre-event fueling, during-event fueling and post-event recovery. Discover nontraditional sources of fuel and how to store fuel along the 26.2 mile journey.

**226 Myofascial Matrix** WS

**Chuck Wolf, MS**

Postural organization is controlled by the central nervous system in conjunction with the skeletal, muscular and fascial systems. As more research emerges, health and fitness practitioners need to understand the importance the fascial matrix plays in integrated movement patterns and postural alignment. This session will explore the key fascial matrix

**227 TRX® Functional Fusion** WS PREMIERE



**Fitness Anywhere**

**Fraser Quelch**

This exciting session integrates the TRX Suspension Trainer® with other fitness equipment to give a heart-pounding workout. Learn how to enhance the TRX and create diverse circuits by combining multiple tools with smart and effective programming to achieve the highest levels of motivation and success for your clients.

Time Block G • 4:15–5:45pm

**230 One-on-One Partner Training**

WS PREMIERE

**Douglas Brooks, MS**

This interactive, fun and creative session is based on five key training principles that relate to clients of all ages and abilities—competition, challenge, play, results and fun. Take away new and innovative balance, strength and integrated movement exercises designed to test a participant's ability to read and react. This five-phase workout progression targets primary and secondary fitness characteristics that include balance and equilibrium, SAQ and reactive movement, lift prep, linked system lifts, and core stabilization and rotary power. Get in on partner training...your clients will love it!

**231 Advanced Cuing for Maximal Training Results**

WS

**Lauren Eirk**

Learn how to create optimal exercise outcomes by using masterful cuing. Create an Exercise Experience™ for your client that sells your skills as a trainer and makes them able to feel the exercise like they never have before. Discover the importance of focus and how to redirect forces inside the body in order to stimulate specific muscular response and purposeful training results. Move beyond counting reps and become a world-class teacher!

**232 Effective Workouts for the In-Home Client**

WS PREMIERE

**Annette Lang, MS**

Being a private personal trainer who goes to clients' homes brings specific and unique challenges that are very different to that of a club trainer. We will examine some of the components in-home trainers need to consider such as: how to design effective workouts using little to no equipment, using manual resistance techniques, and working with varying tempo, ranges of motion and triplanar motion. We will also discuss the business aspect of running a successful in-home training practice.

**233 Ladder Training Revolution**

WS PREMIERE

**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.

**234 The Neuroscience of Change: Getting the Best Results Ever!**

L

**Robert Cappuccio**

Why is it that some individuals with significant education and training still maintain habits that prevent them from achieving any substantial degree of success? As fitness professionals, we must ask...Does knowing more really enable our clients to achieve more? Not really! Beliefs are a powerful determinant of our ability to accomplish anything in our lives. In this session, we will examine how beliefs direct behavior and influence outcomes. We'll also discuss several behavioral change strategies that will identify and eradicate the self-limiting beliefs and practices that keep your clients from getting what they want.

**235 Universal Secrets to Client Retention**

PREMIERE

**Mary Bratcher, MA**

Everyone knows that it is far more difficult to attract a new client than to keep a current one. Yet, client retention problems are consistently one of the greatest challenges for fitness professionals and fitness business owners. This revealing session will help you discover what kinds of things you may be doing that inadvertently contribute to client retention issues and learn what you can do to deliver the three essential things that every client wants.

**236 The "Big Bang" Exercise**

PREMIERE

**Dan Hellman, MPT**

Take your knowledge of functional exercise into the stratosphere with Big Bang exercises. Using multiple planes of movement and addressing several biomotor abilities at once, a Big Bang exercise condenses the benefits of many different exercises into one, saving time and making efficient use of space and equipment. Learn techniques to ascend (make harder) and descend (make easier) a Big Bang exercise to customize the experience for each individual client's needs.

**237 Advanced Concepts in Body-Weight Training**

WS PREMIERE

**Bill Sonnemaker, MS**

There is a common misperception in the fitness world that clients must have access to free weights, dumbbells and machines in order to experience significant strength-training results. Personal trainers recognize that body-weight training can be a powerful tool in any training arsenal. Suspension training is simply one more tool to add to that arsenal. This session will focus on creating an assortment of training programs that not only enhance overall strength, but have a profound effect on flexibility, balance, reaction and SAQ (speed, agility, quickness).

**SUNDAY, FEBRUARY 28**

Time Block H • 8:00–10:50am

**300 Drills, Skills and Progressions for Throwing and Striking Sports**

WS PREMIERE

**Douglas Brooks, MS**

Peak shoulder performance and injury prevention starts with a varied and research-based training paradigm. It is especially important for an athlete or fitness enthusiast who throws overhead or uses a striking motion. This workshop focuses on implementing a preventive, sport-specific, upper-extremity plyometric and conditioning program that will be appropriate for any of your clients or athletes.

**301 The Metabolic Playground**

WS PREMIERE

**Rodney Corn, MA**

Why is it that kids get to have all the fun? Why can't adults play on a playground while getting a good metabolic response? If you are tired of the same old exercises and routines, join us as we turn common tools and programs into a metabolic playground that can be used in multiple environments with multiple populations. Don't be afraid to use nontraditional forms of exercise to generate a fun and results-oriented workout. We will mix reactive and agility-style drills, jumping, hopping and smiles into a simple and fun workout. Progressions and implementation will also be discussed. Come on, let's play!

**302 Smokin' Small-Group Training**

WS PREMIERE

**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 nontraditional training techniques, drills and exercises will be utilized to challenge your limits within your own fitness level.

**303 Buddy Up! Strategies for Small-Group Training Success**

WS

**Brett Klika**

Creating a class environment that fosters positive group interaction is essential in starting, maintaining and growing a small-group training program. This workshop outlines successful strategies to optimize group training sessions by creating fun and challenging partner-based exercises and drills and games that keep them interested. Participants will walk away with over 30 different interactive partner-based body-weight and sport cord exercises that will help you grow your group training sessions.

**304 The Four Secrets of Influence**

L

**Robert Cappuccio**

Why do people do what they do? What causes some to succeed while others continually struggle, despite having vast amounts of information and resources at their fingertips? In order to answer these questions, one must possess a basic understanding of the principles of human behavior. We will explore those principles and provide you with the techniques, tools and insight necessary to help your clients make unprecedented breakthroughs in their training and their lives. If you want to be known as a master motivator who can produce profound results when no one else can, you must attend this session.

**305 Continuum Training: A Model for Peak Results**

L PREMIERE

**Fraser Quelch**

Balancing the programming differences between what clients need and what they want is one of the most challenging elements of personal training. Learn how to systematically assess where a client is, what they need and what programming will bring them to their peak fitness while addressing their movement compensations. This easy-to-execute training model guides what measure of corrective- versus performance-based training methods should be used with each client and even leads them to the right exercises to use for peak results.

**306 Bridging the Gap Between Rehabilitation and Performance: Multidirectional Movement**

WS

**Sue Falsone, MS, PT**

If you have athletic clients who are done rehabilitating from an injury, but are not quite ready to engage in high-level training (or return to full participation in a particular sport), this session is for you. Join us as we take a look at the performance-training continuum. Movement efficiency and motor learning will be discussed, as they are critical factors in developing high-performance athleticism. This session will focus on returning to multidirectional movement, thereby helping your clients to get back to serious performance training.

**307 Training Issues and Solutions for Older Adults**

WS PREMIERE

**Lauren Eirk**

This interactive session will uncover and explain the realities of aging and the functional issues that many older adults (50+) face. As trainers, we must have the knowledge necessary to modify our exercise prescriptions in order for them to be appropriate for our client's current state and training goals using MicroProgression™ and constant assessment. Joint wear, range of motion, muscular imbalance/inhibition, bone loss, inflammation and deconditioning realities are some of the topics that will be discussed in this in-depth workshop.

**Register Now! CLICK HERE**