

BE:



THE INSPIRATION

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AUGUST 7-11, 2013 • LOS ANGELES, CA



WELCOME

FIND YOUR INSPIRATION

When you discover what inspires you, you're on your way to motivating your clients and everyone around you. We think you'll find your inspiration at this year's IDEA World Fitness Convention™, the industry's largest and longest-running educational fitness experience. We chose our theme, "BE: The Inspiration," because we know that there is nothing more exciting than the entire fitness community coming together for 4 days to learn, share and experience all the ways to Inspire the World to Fitness®!

No event in the world can give you the energy, exuberance and in-depth educational journey that you'll experience at the IDEA World Fitness Convention. It's about transformational people, stories, education, motivation and purpose. You'll gain career-changing knowledge from the world's best fitness and wellness presenters and learn how you can embody inspiration in your work and in your life, not merely by what you do, but by who you are.

We invite you to be part of the 2013 IDEA World Fitness Convention community of leading fitness professionals. We think you'll be thrilled at this year's event with the exceptional program and exclusive opportunities that will give you the tools you need to change lives, be more successful and make our world better.

Inspiration is contagious! We hope you'll join us and get inspired to change the world in ways you never thought possible.

Peter & Kathie Jarvis

Co-founders of IDEA Health and Fitness Association

TABLE OF CONTENTS

- 1 The IDEA Promise
- 2 Event Highlights
- 3 Opening Ceremonies
- 4 IDEA World Exclusives
- 5 Professional Categories
- 6 Programming Highlights
- 7 Schedule at a Glance
- 8-9 IDEA World Fitness & Nutrition Expo
- 10 Club Spotlight
- 11 Inspiration Medals
- 12-13 L.A. Adventures
- 14-17 Preconference Sessions
- 18-25 Education Schedule
- 26-48 Session Descriptions
 - 50 Registration Information
 - 52 Event & Travel Information
- 54-55 Registration Form

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Cover photo: Esther Coit

IDEA: THE NAME YOU TRUST FOR EDUCATIONAL EXCELLENCE

BE THRILLED



"I AM INSPIRED BY..."

Being in the presence of the world's top fitness professionals and gleaning from their experiences and expertise."

—IDEA Presenter
SHERRI McMILLAN

OUR PROMISE TO YOU

We know that you are making an important investment when you join us at the IDEA World Fitness Convention, so it is important that your experience be phenomenal.

The IDEA World difference is our commitment to the core values that are at the heart of everything we do. We don't just talk the talk—we walk the walk. We are as passionate about changing the world as you are!

At the IDEA World Fitness Convention, we will do our best to ensure that your experience reflects our core **IDEALS**:

I **INSPIRED SERVICE** We will go above and beyond to deliver outstanding service and ensure that you are not simply happy, but thrilled with your overall experience at IDEA World.

D **DO THE RIGHT THING** We operate with integrity in all that we do. Our choices are rooted in responsibility, accountability and gratitude.

E **EXERCISE YOUR HAPPINESS** IDEA World brings together people and companies who share your passion for health and happiness.

A **APPRECIATE EVERYONE** The IDEA World experience is about appreciating and celebrating fitness professionals whose conviction, hard work and determination have changed millions of lives around the planet.

L **LEARN AND THRIVE** We believe that learning never ends, and IDEA World will challenge you to never stop improving.

S **SET THE STANDARD** We are never content with current success, and we continually push to a higher level of excellence.

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REGISTER TODAY! WWW.IDEAFIT.COM/WORLD 1

IDEA is the global education leader and the world's largest continuing education provider for fitness professionals, offering the highest quality health, wellness, nutrition and fitness information in the industry. For over three decades, fitness professionals have associated the IDEA name with excellence and leadership.

Begin Your Journey

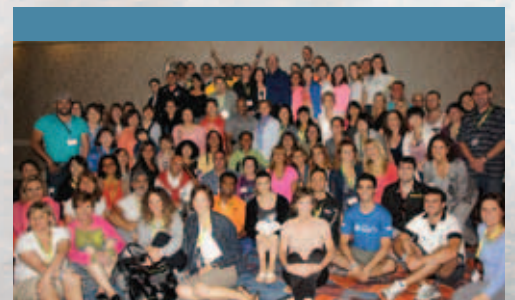
EVENT HIGHLIGHTS

- ➔ Explore **360+ sessions** and earn up to 24 CECs with the industry's best fitness and wellness presenters.
- ➔ Get motivated with **keynote speaker Bo Eason**, NFL star, Broadway playwright and actor, as he shares the power of YOUR personal story.
- ➔ Be entertained at the convention's powerful **Opening Ceremonies** and hear the heartwarming story of the 2013 Fitness Inspiration Award winner, Peter Twist, MSc.
- ➔ Experience the exclusive **IDEA World Showcase Room**, featuring powerful multisensory workouts with the world's biggest fitness celebrities.
- ➔ Get intensive, specialized training to advance your career with your choice of **15 preconference workshops**.
- ➔ Discover over 200 of the top industry brands in fitness, wellness and nutrition at the **IDEA World Fitness & Nutrition Expo**.
- ➔ Explore the heart of Los Angeles with **L.A. Adventures**, custom sessions that let you hike, bike and tour one of the most unique and exciting cities in the world.
- ➔ Take a personal journey with the **Best of Inner IDEA®**. Experience the transformative power of mind-body-spirit sessions.



Earn an Inspiration Medal!

Special opportunities to inspire others and be recognized in select sessions, with a chance to win amazing prizes.



CELEBRATING GLOBAL INSPIRATION International Reception

Saturday, August 10 • 7:15-8:15pm

Join us for a special reception for international attendees only. This reception is for the fitness professionals from over 60 countries around the globe to mix and mingle. Share your passion with peers at this celebration to Inspire the World to Fitness®.

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Don't
miss the

BE: INspired PARTY

of Inspiration

OPENING CEREMONIES THURSDAY, AUGUST 8 • 10:20AM

The Opening Ceremonies is a must-attend event, where you'll discover the power of your personal story as a prime force for success in your life and in your clients' lives. Enjoy entertainment, moving presentations and life-changing stories to create the foundation for your extraordinary journey.

2013 KEYNOTE PRESENTATION

Bo Eason "Why Your Personal Story Is the Most Valuable Asset You Have"



Do you know how to express your personal story in such a powerful way that it will change your clients' lives—and change your own? In this exhilarating keynote presentation, former NFL All-Pro Bo Eason will share how to capture and physically embody your own story to create trust with your clients.

Bo Eason is a former NFL standout, renowned Broadway playwright and performer, and presence/story coach to some of the most successful people in the world. His play, *Runt of the Litter* opened in New York to rave reviews, has toured over 50 cities nationally, and is soon to be a major motion picture.

"The single most important skill you must have to lead is the ability to tell your own story. Your personal story is the connective tissue between you and your clients."

—Keynote Presenter **BO EASON**

2013 IDEA FITNESS INSPIRATION AWARD

Peter Twist, MSc

Peter will be honored as the 2013 recipient of the IDEA Fitness Inspiration Award for all that he has overcome in his battle against cancer. Peter's story of conviction, passion, drive and survival teaches us the importance of living life with purpose and being your best when your best is needed.



Peter Twist, MSc, is the president and CEO of Twist Sport Conditioning™ and is an exercise physiologist with a specialization in coaching science. An experienced conditioning coach and published author, Peter is also the global education partner for IMG's Ignite Performance Training certification.

"Feeling at my peak, my very best on all fronts physically, mentally, emotionally and spiritually, an unexpected diagnosis of advanced stage 4 head-neck cancer sped me suddenly to the extreme opposite."

—**PETER TWIST**, IDEA Fitness Inspiration Award Recipient

INSPIRE THE WORLD TO FITNESS

With IDEA Co-Founders Peter and Kathie Davis



Inspiration has been at the heart of IDEA's culture since its groundbreaking start over 30 years ago. Listen to co-founders Peter and Kathie share their story of building a global community dedicated to wellness, and of their deep commitment to inspire a healthier, happier world.

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That's right, it's a party! So get ready to have fun with old and new friends. Meet your fellow travelers on the journey of inspiration you are about to take, and get in the spirit by wearing something RED. Celebrate the occasion with dinner, dancing and a photo booth for keepsakes to remember it all! (Party included with your full registration.)

**THURSDAY, AUGUST 8
7:30PM**

EXCLUSIVELY YOURS ONLY at IDEA World!

IDEA World is packed with unforgettable (sometimes unbelievable!) one-of-a-kind experiences.

From the sensational Showcase Room sessions to the motivating Inspiration Medals and Challenge Competitions, you will be inspired in unique ways you won't find anywhere else.

Beachbody's Mega Showcase Room Workout

Get your sweat on with Beachbody's most popular celebrity trainers! Work out with **Shaun T** and Insanity®, **Tony Horton** and P90X®, **Chalene Johnson** and Turbo Kick® and **Leandro Carvalho** and Brazil Butt Lift®.



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★ It's All Happening in the Showcase Room ★

If you want to rock out to big sound, big energy and big inspiration, head to the IDEA Showcase Room where the most dynamic names in fitness turn workouts into show-stopping live performances.

Four Top Guns Meet Four Top Chicks—A Match Made in Fitness Heaven!

Four top male and female conditioning coaches join forces to bring you an unforgettable experience that will leave you fired up and inspired!

IDEA's Epic Dance Encounter

Last year's Supreme Dance Battle brought down the house. This year, we're taking it to another level with the hottest dance-fitness trends of 2013. You'll vote for your favorite program!

IDEA All-Star Presenter Boot Camp Blowout!

Only IDEA could pull off a session that brings together 18 of the biggest names for a boot camp workout and an opportunity to earn dozens of prizes.

The Ultimate Stretch Transformation—Showcase Room Style!

Back by popular demand, celebrity presenter Jay Blahnik will teach you a variety of unique, cutting-edge stretch sequences inspired by yoga, athletics and rehabilitation.

HIIT Me With Your Best Shot!

Join celebrity presenter Chalene Johnson for a plyometric, explosive, high-intensity interval training class with a twist!

Showcase Sanctuary: A Final IDEA World Experience

Relax and restore your body as your mind reflects on all you have accomplished at IDEA World. The Showcase Room will re-create a spa sanctuary filled with aromatherapy, dimmed lights and relaxing music.



Look for this icon in the Education Schedule and Session Description pages.

BE: EDUCATED

Get the focused, practical application you need to propel you forward on your own unique and inspired path of success. Choose from the fitness industry's most comprehensive curriculum and earn up to 24 CECs.

PERSONAL TRAINING

You'll find all the hottest topics in personal training education in one place, so you can stay on the cutting edge, offer new programming, expand into new markets and accelerate your career.

- Older-Adult Training
- Small-Group and Partner Training
- Sports Conditioning
- Suspension Training
- Exercise Science
- Youth Fitness
- Assessment and Corrective Exercise
- Anatomy/Fascia
- Biomechanics
- Boot Camps and Circuits
- Functional Training
- Metabolic Training
- Obesity
- Program Design
- Specific Training Techniques

GROUP EXERCISE

Reinvent your group exercise lineup and pack your classes with all the top new programs and hot moves from around the globe.

- Choreography
- Cardiovascular Training
- Circuit and Interval Training
- Dance-Inspired
- Flexibility
- Group Strength
- Kickboxing and Martial Arts
- Step
- Barre

BUSINESS & CAREER DEVELOPMENT

Learn proven strategies to bring in more clients, build new revenue streams, and make your business or career soar when you go back home.

- Career Growth
- Social Media
- Marketing and Sales
- New Client Strategies
- Corporate Wellness Opportunities
- New Revenue Avenues
- Client Retention Tools

BUSINESS OWNERS/ PROGRAM DIRECTORS

Discover new tools and strategies to develop your team, grow your revenue, exceed customer expectations and create an inspired culture.

- Member Retention
- Group Exercise and Group Training for Profit
- New Revenue Strategies
- Marketing and Sales
- Corporate Wellness
- Customer Service Success
- Team Building and Culture
- Leadership Skills

NUTRITION

Expand your knowledge of overall health and wellness with the latest news, research and information in nutrition, metabolism and healthy eating.

- Metabolism
- Weight Management and Weight Loss
- Healthy Eating Strategies
- Eating for Energy
- Cooking Demonstrations

SPECIALIZED EQUIPMENT

Learn tips and techniques to maximize the benefits of equipment workouts.

- Indoor Cycling
- Indoor Rowing
- Kranking®
- Kinesis

PERSONAL GROWTH

Study the art and science of personal transformation to help you and your clients experience new dimensions of health and happiness.

- Happiness
- Managing Stress
- Wellness Strategies
- Brain Fitness
- Longevity
- Success Principles

MIND-BODY

Develop new skills in a wide variety of mindful exercise programs, to help you and your clients nurture the qualities of balance and well-being.

- Best of Inner IDEA® 🌸
- Fusion
- Meditation
- Pilates
- Yoga
- Tai Chi
- Barre
- Feldenkrais®

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PROGRAMMING HIGHLIGHTS

DISCOVER

WHERE INSPIRATION CAN TAKE YOU

Find your future in 366 sessions presented by the most knowledgeable, innovative and

Expanded Programming for Personal Trainers

This year, over half of the program at IDEA World is dedicated to personal trainers—with 50% more personal training programming than last year. Training technique is only the beginning. You'll find programming to address every aspect of what it means to be a successful personal trainer today.

- Perform Better®: Xtreme Sport Conditioning
- TRX®: Training for Body Transformation
- 10 New BIG Things in Small-Group Training
- How Hormones and Metabolism Change the Training Game for Females
- MMA Fitness Boot Camp
- Athlete's Performance: Barefoot Training—Benefits, Pitfalls and Programming
- Discovering Parkour
- Intensity Overload—Battle of the HIITs
- Metabolic Conditioning—The Good, the Bad and the Ugly
- Today's Youth...Tomorrow's Athlete

Strategies for Business

Whether you own a fitness facility or a fitness business, you'll find out how to take it to the next level with the most comprehensive business and professional development education in the industry.

- Survival Tactics for the Social Age: How to Catch Up, Keep Up and Stay One Step Ahead
- Exercise Is Medicine™: Your New Business Partner
- Customer Service Success—Making Members Feel Special
- The 12-Month Marketing Plan for Small Businesses
- Five Big Obstacles to Team Building
- Postrehabilitation: Bridging the Gap Between Health Care and Fitness
- Group Training Programs That Profit
- Leadership Skills for Personal Training and Group Fitness Directors
- Corporate Fitness UNLEASHED
- The Group Fitness Trifecta

How to Train Older Adults

It's one of the most important markets to master—and also one of the most challenging. Choose from a wide variety of sessions and get the specialized knowledge you need to inspire healthier living for Baby Boomers and older adults.

- Designing Effective Balance and Mobility Programs—A Multidimensional Approach
- The Ultimate Anti-Aging Workout
- YogaFit® for Seniors
- TRX®: Training for Active Seniors
- CoreFitnessRoller®: Creating Power-Balance Solutions for Older Adults
- Healthy Aging Survival Kit
- Gray Matters—Training for Brain and Body Fitness
- Redefining "The Change" With Mind-Body Fitness

The Future of Fitness: Group Fitness Unleashed

This elite industry panel of professionals will candidly discuss the role of group fitness to grow and retain membership.

PRESENTERS:

- INGRID OWEN, Vice President, Group Fitness, 24 Hour Fitness
- STEVEN RENATA, CEO, Les Mills West Coast
- RANDY HETRICK, Founder and CEO, TRX®

"I AM INSPIRED BY...

The opportunity at the IDEA World Fitness Convention to be inspired ourselves so we can inspire our clients day to day!"

—IDEA World Attendee
BROOKE DIETZ

CEC OPPORTUNITIES:



motivating leaders in the industry.



Experience The Best of Inner IDEA®

The groundbreaking Inner IDEA Conference provides fitness professionals a unique journey of mind-body-spirit transformation. Now you can experience the best of Inner IDEA through sessions marked with this symbol: 🌸

- Holistic Fusion: Movement as Meditation
- Healthy Aging Survival Kit
- Meditation for Physical Mastery
- Chakra Nutrition
- Creating Your Career Map as a Mind-Body Professional
- Tai Chi: The Oldest Wellness Coaching Model
- Sight and Insight: Feldenkrais® Awareness Through Movement
- Breathe Life Into Your Poses

Special Focus: Food, Nutrition and Healthy Eating

This year we've expanded our food and nutrition programming so you can get the unbiased, comprehensive information and practical resources you won't find anywhere else. Select from sessions that will give you the latest news and tips to keep you on the cutting edge of nutritional health.



Earn up to 24 CECs during the event!

Plus 4 to 8 additional CECs with preconference workshops. Check with your certification association for more information.

SCHEDULE AT A GLANCE

WEDNESDAY, AUGUST 7

REGISTRATION HOURS: 7:00am-8:00pm

9:00am-7:00pm **PRECONFERENCE WORKSHOPS** (Up to 8 CECs)

See pages 14-17 for full descriptions and times.

THURSDAY, AUGUST 8

REGISTRATION HOURS: 6:00am-7:30pm

7:00-7:45am Workouts (No CECs)

8:10-10:00am Workshops and Lectures (Up to 2 CECs)

10:20am-12 Noon **Opening Ceremonies with Keynote Bo Eason and Entertainment**

12 Noon-6:00pm **IDEA World Fitness & Nutrition Expo OPEN**

2:00-3:50pm Workshops and Lectures (Up to 2 CECs)

4:40-6:10pm Workshops and Lectures (Up to 1 CECs)

EVENING ACTIVITIES

7:30-10:00pm **BE: INSPIRED Party**
Wear RED, enjoy dinner, dance the night away and celebrate!

FRIDAY, AUGUST 9

REGISTRATION HOURS: 6:00am-6:45pm

7:00-7:45am Workouts (No CECs)

8:10-10:00am Workshops and Lectures (Up to 2 CECs)

10:15am-1:15pm **L.A. ADVENTURES: HOLLYWOOD HILLS HIKE**
Additional fee required. See page 12 for details.

10:20am-12:10pm Workshops and Lectures (Up to 2 CECs)

12 Noon-5:00pm **IDEA World Fitness & Nutrition Expo OPEN**

2:10-4:00pm Workshops and Lectures (Up to 2 CECs)

5:00-6:30pm Workshops and Lectures (Up to 1 CECs)

SATURDAY, AUGUST 10

REGISTRATION HOURS: 6:30am-6:45pm

7:30-9:20am Workshops and Lectures (Up to 2 CECs)

9:40-11:30am Workshops and Lectures (Up to 2 CECs)

11:00am-6:00pm **IDEA World Fitness & Nutrition Expo OPEN -LAST CHANCE TO SHOP!**

1:30-3:20pm Workshops and Lectures (Up to 2 CECs)

4:20-6:10pm Workshops and Lectures (Up to 2 CECs)

EVENING ACTIVITIES

6:30-10:00pm **L.A. ADVENTURES: CITY TOUR BY NIGHT**
Additional fee required. See page 13 for details.

7:15-8:15pm **International Reception**
Open to international attendees only.

SUNDAY, AUGUST 11

REGISTRATION HOURS: 7:00-11:00am

7:30-9:20am Workshops and Lectures (Up to 2 CECs)

7:30-11:30am **L.A. ADVENTURES: LEGENDARY HOMES BIKE TOUR**
Additional fee required. See page 13 for details.

9:40-11:30am Workshops and Lectures (Up to 2 CECs)

BE ENERGIZED,

IDEA World Fitness & Nutrition Expo

Explore the epicenter of what's happening in fitness, nutrition and wellness today

Here's where over 200 of the top industry brands come together to celebrate innovation and discovery in a high-energy explosion of sound, color, motion and entertainment. Be the first to find out about the hottest new releases in fitness, wellness and nutrition while experiencing live demonstrations, entertainment and sampling of your favorite products.



A Tasty New Vibe at the Expo

This year the Expo has been expanded with a new name to spotlight All Things Nutrition, including food demonstrations and sampling, recipes, cooking classes, natural foods, healthy snacks, hydration products and superfoods.



Get Face-to-Face Inspiration

Get up close and personal with popular industry personalities and company representatives who can update you on the latest in the fitness industry and help you bring new products and brands home to your clients.

"I AM INSPIRED BY..."

An amazing IDEA World experience—a fitness professional's inspirational fantasy come true except for one thing...it's for real!"

—IDEA World Attendee
KEN ALAN

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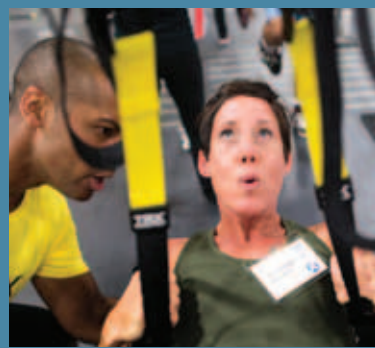
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ENTERTAINED AND FUELED!



IDEA World Healthy Cooking Stage

Watch the brightest and most inspired chefs and nutritionists in the business prepare succulent new dishes, demonstrate time-saving cooking techniques, and share tips and trends at the all-new IDEA World Healthy Cooking Stage.



Win a Challenge at the Expo

You can compete in Challenge competitions that will be held throughout the Expo Hall, featuring your favorite brands taking you to the next level!



Enjoy the Show!

Keep your eye on the action-packed eXertainment Stage schedule for exciting performances featured around the clock. See live performances by industry powerhouses as they dazzle you with new programs and fun fitness entertainment.

CLUB SPOTLIGHT

The Hottest Programs From Leading Clubs

What programs are making news in leading clubs around the world? Find out at Club Spotlight, where the industry's biggest personalities bring you the top trending new club workouts.



presents:

Les Mills BODYCOMBAT®—The World of Mixed Martial Arts

Experience the original club martial arts program, Les Mills BODYCOMBAT, the heart-pumping workout with a dynamic mixture of resistance and aerobic training, featuring the latest trends in mixed martial arts and the inspiration for Beachbody's at-home workout, Les Mills COMBAT®. Join us for this fitness fight in the IDEA World Showcase Room with rock concert sound, lights, screens, stage and massive energy!



presents:

Animal Flow X

Cross-training goes primal! Blend dynamic body weight movement with modern athletic training. This nontraditional approach integrates strength, endurance, flexibility, mobility and power for total-body mastery and the ultimate fit physique. Animal Flow X fuses dynamic movements crossed with body weight squats, lunges, hinges and plyometrics, thus challenging balance and coordination for superhuman strength.



presents:

2FLY—The House Party

2FLY is a fresh new dance fitness program that feels more like a house party than a workout. Inspired by the style, music and moves of the 1990s, this workout incorporates a logic known as SET/FREE (SET: we have SET moves and choreography, along with FREE: the freedom to add your own personal style.) In true dance style, we also have 2FLYTIME, where you'll jam with other party people in the house!

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OFFICIAL SPORTS FUELING SPONSOR

BE: RECOGNIZED

IDEA Exclusive: Earn an IDEA Inspiration Medal

It's your time to shine! The IDEA Inspiration Medals are back and even better for 2013! Don't miss your chance to receive an individual or team IDEA Inspiration Medal and a chance to win amazing prizes. IDEA presenters weave fun, excitement and creative challenges for you to be recognized for going above and beyond in their sessions. You can earn a medal in three health and fitness categories: **1) Inspirational, 2) Physical, and 3) Mental.** To find out which sessions offer IDEA Inspiration Medals, just look for the icon of the IDEA World Inspiration Medal. 

BE: Proud

Join emcee **Jay Blahnik** for the Inspiration Medal Grand Finale at the eXertainment Stage in the Expo Hall on Saturday, August 10. All Inspiration Medal recipients will be entered into a special drawing to win prizes, including a **spa vacation for two at the world-famous Golden Door® spa in Escondido, California** and a **Schwinn® AC Performance PLUS bike with the third generation MPower™**.



Win a Schwinn®
AC Performance PLUS
bike with the third
generation MPower™



Win a SPA vacation valued at \$15,000!

One lucky person will win a prize package for two to the world-famous Golden Door spa in Escondido, California.



GOLDEN DOOR

Did you win an IDEA
Inspiration Medal
in 2011 or 2012?
Be sure to wear
it proudly at this
year's event!

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Get Inspired in Los Angeles

Los Angeles is the fitness capital of the universe, where many of the world's biggest fitness ideas, trends and legends got their start. From bodybuilding on Muscle Beach in the '30s to Jack LaLanne's TV show in the '50s, jogging in the '70s, Jane Fonda's breakthrough videos in the '80s, and personal training in the '90s, L.A. has always been at the heart of the movement to Inspire the World to Fitness®.

There's no better place for you to find inspiration, entertainment and fun, whether you come just for a convention experience or stay for a summer vacation. You can head to the colorful Venice Beach boardwalk, hike in the Hollywood Hills, surf in Malibu, shop exclusive Rodeo Drive, find designer looks on Melrose Avenue, catch a TV show taping, ride a rollercoaster at Universal Studios, or party on the Sunset Strip. You'll stay at the five-star J.W. Marriott located at L.A. Live, the famed entertainment and dining complex in the heart of town.

This year, we are offering
three unique L.A. Adventures
to get you out on the town.
**SIGN UP EARLY,
SPACE IS LIMITED!**

REGISTER NOW! CLICK OR TAP HERE.

www.ideafit.com/world



HOLLYWOOD HILLS HIKE

In need of a jolt of nature? Take a guided hike through the Hollywood Hills, while enjoying stunning views of L.A.'s bustling metropolis, for the most amazing hike of your life. You will follow the best trails to the top of the Hollywood Hills for an incredible 360-degree view of L.A. Highlights include: a ridge-line hike overlooking the entire L.A. basin; get up close and personal with the legendary Hollywood sign, plus learn about its amazing history; and an insiders' tour of the newly-restored Griffith Park Observatory. Be sure to bring a camera as the views are sensational. The hike is 3.5 miles round trip and includes transportation, a personal tour guide and a bottle of water.

FRIDAY, AUGUST 9
10:15am-1:15pm

Member price: \$55

Nonmember price: \$65



CITY TOUR BY NIGHT

Board a luxury coach and enjoy a once-in-a-lifetime experience in an evening of sightseeing. You will tour the Music Center, Walt Disney Concert Hall, the Dorothy Chandler Pavilion, and see the city from the heights of locations such as Mulholland Drive. Then you're on your way to the City Walk, the home of Universal Studios for a leisurely walk, fine dining, shopping and entertainment. Next, you are off to Rodeo Drive where the stars shop at boutiques like Chanel, Gucci and Bijan. The experience ends on Hollywood Boulevard at Grauman's Chinese Theatre and the Hollywood Walk of Fame, where you can compare your hand and foot prints with many world-famous movie legends. This tour includes all transportation.

SATURDAY, AUGUST 10
6:30-10:00PM

Member price: \$60
Nonmember price: \$70



LEGENDARY HOMES BIKE TOUR

Enjoy an up-close look at two of L.A.'s most famous neighborhoods, Beverly Hills and Bel Air, as you bike through the land of glamour, wealth and celebrity. Explore the legendary Beverly Hills mansion seen in numerous movies, cruise down Rodeo Drive (where money's no object!) and snap photos in front of the Beverly Hills sign while your tour guide shares the iconic history of the land where stars past and present come to play. Ride along the infamous Sunset Strip and Route 66, all while getting a great workout. The tour is approximately 10 miles in length and includes a personal tour guide, a high-end hybrid road bike, a safety helmet and a souvenir, reusable eco-friendly water bottle.

SUNDAY, AUGUST 11
7:30-11:30am

Member price: \$65
Nonmember price: \$75

PRECONFERENCE SESSIONS WEDNESDAY, AUGUST 7



100 Leadership Skills for Personal Training and Group Fitness Directors ^L

9:00am-1:00pm

SHERRI McMILLAN, MSc

Managing a team of personal trainers or group fitness instructors can be one of the most challenging tasks for any fitness director. Dealing with egos, personality conflicts and staff turnover can leave you feeling drained with little energy left to work on enhancing and developing your department. This 4-hour preconference will focus on important leadership skills so you can empower your team and inspire them to work together toward a common vision. This session will help you to clarify your role as a leader and provide you with practical skills to help you grow and develop your leadership potential. After implementing these tools, you'll see each member of your team perform at levels you never thought possible!

- CECs are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REGISTRATION Postmarked by 6/28/13	\$99	\$119
REGULAR REGISTRATION Postmarked after 6/28/13	\$119	\$139
ON-SITE	\$139	\$159



101 STOTT PILATES®: Advanced Matwork™ ^{WS}

MERRITHEW HEALTH & FITNESS™
STOTT PILATES zen•ga CORE

9:00am-1:00pm

MERRITHEW HEALTH & FITNESS™ FACULTY

This compelling 4-hour workshop, developed by the Merrithew Health & Fitness team, presents select exercises from the STOTT PILATES Advanced Matwork repertoire. These high-level exercises are dissected to examine how components of movement essence are elevated. Through demonstration and explanation, the purpose and goal of each move is explored with special focus on stability, mobility, sequencing, balance, endurance and coordination. Individuals are encouraged to perform and observe each exercise with an eye to executing and teaching them safely and effectively. Exercise choices comprise a combination of those that are a progression from the Essential and Intermediate levels and those that are specific to the Advanced work.

- Approved for 0.4 ACE CECs and 0.4 STOTT PILATES CECs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REGISTRATION Postmarked by 6/28/13	\$169	\$189
REGULAR REGISTRATION Postmarked after 6/28/13	\$189	\$209
ON-SITE	\$209	\$229



102 Zumba®: Basic Skills Instructor Training ^{WS}



9:00am-6:00pm

ABRAHAM HERNANDEZ AND ELIZA STONE

In this course, you will learn the foundation and formula for teaching a successful Zumba class, including the steps to four basic rhythms: merengue, salsa, cumbia and reggaeton. Find out how to put these steps together and how to create your first Zumba class. Get all the tools and resources you need to become a Zumba instructor!

- Fee includes: *Basic Steps Level 1 Review DVD*, *Basic Steps Level 1 Mash-Up DVD*, *Basic Steps Level 1 Mash-Up CD*, *Rush DVD*, and the *Basic 1 Instructor Manual*.
- Lunch is on your own (1 hour).
- Approved for 5.5 AFAA CEUs and 0.7 ACE CECs. CECs from other agencies are pending.
- Limited to 150 participants.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
REGISTRATION	\$210	NOT AVAILABLE

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www.idealife.com/world



103 Zumba®: Basic Skills Instructor Training-En Español ^{WS}



9:00am-6:00pm

AILEEN PADILLA Y ALFREDO PADILLA

Este curso te brinda las bases y la fórmula para dar una clase de Zumba. Aprenderás los pasos de cuatro ritmos básicos: merengue, salsa, cumbia y reggaetón. Aprenderás a juntar estos pasos en una canción y a crear tu primera clase de Zumba. Te proporcionaremos todas las herramientas y recursos necesarios para dictar una clase de Zumba. Licencia: Licencia básica de Zumba de un año. Prerrequisito: Ninguno.

- El Costo Incluye: *Basic Steps Level 1 Review DVD, Basic Steps Level 1 Mash-Up DVD, Basic Steps Level 1 Mash-Up CD, Rush DVD, and the Basic 1 Instructor Manual.*
- El almuerzo es por su propia cuenta (1 hora).
- Aprobado para 5.5 AFAA CEUs y 0.7 ACE CECs. Créditos de educación continua de otras agencias están pendientes.
- Limitado a 150 participantes.
- Los participantes recibirán un Certificado de Finalize.

PRECIO	IDEA Member	Nonmember
PRECIO DE INSCRIPCIÓN	\$210	NO ESTÁ DISPONIBLE



104 YogaLean™ by YogaFit® ^{WS}



9:00am-7:00pm

JANET LELAND AND BETH SHAW

Losing weight is a transformational process that involves the mind, body and spirit. YogaLean is a weight management program designed to work from the inside out, taking into account every student's unique story, size and shape, and customizing a program that fits their lifestyle. In addition to the latest findings on nutrition, exercise and adherence, YogaLean draws heavily from the yogic practices of breathing, meditation and mindfulness, as well as from YogaFit class sequences created for larger bodies. This 1-day workshop offers an online nutrition and weight management program to give participants the one-on-one expertise and support necessary for safe, lasting success.

- Lunch is on your own (1 hour).
- CECs are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$199	\$219
REGULAR REG. Postmarked after 6/28/13	\$219	\$239
ON-SITE	\$239	\$259



105 ACE®: Group Exercise Leadership Specialty Certification ^{L / WS}



9:00am-6:00pm

LAWRENCE BISCONTINI, MA

Designed to supplement the expertise of instructors who are currently teaching prechoreographed programs, this instructor training will cover foundational knowledge of exercise and movement science and how it applies to group exercise class design, implementation and modification. Participants will also learn teaching techniques, strategies for improved safety and other essential instructional skills that will enrich their group classes. Led by Lawrence Biscontini, ACE senior group fitness consultant and award-winning group fitness instructor, fitness professionals who attend this 1-day course will leave with time-tested ACE strategies that will help them take their careers to the next level. Following successful completion of a final online assessment to be completed at home, instructors will hold an ACE specialty certification.

- Lunch is on your own (1 hour).
- Approved for 0.8 ACE CECs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$149	\$169
REGULAR REG. Postmarked after 6/28/13	\$169	\$189
ON-SITE	\$189	\$209



106 RealRyder® Indoor Cycling: Certified Instructor Training ^{L / WS}



9:00am-6:00pm

DOUGLAS BROOKS, MS, AND ADAM REID

After 20 years of consistent stationary cycle design, the introduction and explosive growth of the RealRyder Indoor Cycle has changed indoor bike technology forever. Riding the RealRyder ABF8 Indoor Cycle encourages, teaches and rewards good form and proper pedal stroke, while riders experience the benefits of leaning, turning, balancing, full-body coordination and core engagement. These key biomechanical advantages capture the functional and fun characteristics of real road riding.

The RealRyder Certified Instructor Training Program builds on the history of indoor cycling, using a teaching system that eliminates guesswork, so that planning intelligent and creative workouts is easy. Join a pack of enthusiastic RealRyder ambassadors and become part of a new era of indoor cycling today!

- Lunch is on your own (1 hour).
- Approved for 0.8 ACE CECs, 6.5 AFAA CECs, 8 ACSM CECs and 8 ISSA CECs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$189	\$209
REGULAR REG. Postmarked after 6/28/13	\$209	\$229
ON-SITE	\$229	\$249



107 Schwinn® Cycling: Instructor Certification L / WS



9:00am-7:00pm

JULZ ARNEY AND JAY BLAHNIK

Get certified in the industry's most respected and progressive indoor cycling instructor training course. In one power-packed day you'll have the tools you need to become a successful and sought-after instructor on any bike. This critically-acclaimed certification includes bike fit, cycling science, class design, music, and the Schwinn Cycling Coach's Pyramid, a specialized system that makes teaching simple for you and an incredible experience for your students. Join us for the course that offers continually updated material, making this the one certification worth repeating to refresh your skills and inspire your teaching.

This preconference offers two complete workout experiences, a comprehensive training manual, the new *Schwinn Cycling Workout* DVD and 13 class plans that include music selections, authentic cycling clips and the Schwinn Cycling Intensity Chart.

- Lunch is on your own (1 hour).
- Approved for 0.8 ACE CECs and 7.25 AFAA CEUs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$199	\$219
REGULAR REG. Postmarked after 6/28/13	\$219	\$239
ON-SITE	\$239	\$259



108 NASM®: The New Group Fitness Is Here! L / WS



10:00am-2:00pm

FABIO COMANA, MA, MS, AARON DROGOSZEWSKI, JOSH GONZALEZ, PRENTISS RHODES, RICK RICHEY, MS

The term "group fitness" was once considered taboo for personal trainers as a respected form of training for their clients. Times have changed. In recent years, group fitness has expanded its reach and has practically exploded out of the group ex room and into just about every venue imaginable. This interactive workshop will enumerate the key benefits of group fitness, and how, when and where to conduct group classes. Through practical application, participants will learn how to make the most of their space, design effective group training workouts with proper regression and progression, as well as demonstrate proficiency in instructing group training workouts utilizing various modalities.

- Approved for 0.4 NASM CECs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$99	\$119
REGULAR REG. Postmarked after 6/28/13	\$119	\$139
ON-SITE	\$139	\$159



109 TRX®: Group Rip™ Training Course WS



10:00am-7:00pm

DAN McDONOGH AND FRASER QUELCH

This preconference workshop is for the fitness professional who wants to expand their marketability by bringing this fun, versatile, new modality to small- or large-group workouts. This course provides expert instruction and hands-on practice on how to instruct two group workout formats scalable to all fitness levels. Learn Rip Training fundamentals as well as how to incorporate a range of Rip Trainer exercises into client and member workouts.

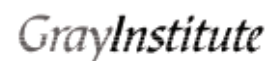
This 8-hour course includes a course manual, two workout videos, a course qualification, continuing education units, product discounts, and an invitation to join the TRX directory.

- Lunch is on your own (1 hour).
- Approved for 0.8 ACE CECs, 0.8 NASM CECs and 0.8 NSCA CECs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$245	\$265
REGULAR REG. Postmarked after 6/28/13	\$265	\$285
ON-SITE	\$285	\$305



110 Gray Institute: Foundations of Movement Training L / WS



10:00am-7:00pm

LENNY PARRACINO

Gray Institute is pleased to offer a one-of-a-kind training course. This full-day program comprises individual modules that when combined will take you, the trainer, on an illuminating journey that shares authentic truths, provides transformational strategies and employs powerful techniques that are sure to enhance the lives of those you touch every day.

The five modules include:

- 1) An Overview of Applied Functional Science™ (AFS).
- 2) Applied Functional Science Nomenclature: The Language of Movement.
- 3) Chain Reaction™ Skeletal: Real Bone Motion Creates Relative Joint Motion.
- 4) Chain Reaction Functional Muscle Function: Beyond the Anatomical Model.
- 5) Chain Reaction Proprioceptors: The Organizers of Coordinated Movement.

• NOTE: This preconference serves as a preparatory course for the Gray Institute Certification.

- Lunch is on your own (1 hour).
- CECs are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$209	\$229
REGULAR REG. Postmarked after 6/28/13	\$229	\$249
ON-SITE	\$249	\$269



111 ACE®: Metabolic Training Workshop WS



10:00am-7:00pm

PETE MCCALL, MS

Metabolic training is one of the hottest workout styles today. With the success of popular HIIT programs, it's no secret that high-intensity drills and movements can help clients shed pounds. And while many trainers know what exercises to do, they may not fully understand the physiological principles that support these training philosophies. Learn strategies to help clients overcome plateaus and achieve weight-loss goals with high-intensity metabolic conditioning. This interactive workshop gives you the tools to deliver those sessions in a safe, effective and fun way that keep your clients coming back for more.

- Lunch is on your own (1 hour).
- Approved for 0.8 ACE CECs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$149	\$169
REGULAR REG. Postmarked after 6/28/13	\$169	\$189
ON-SITE	\$189	\$209



112 Tabata Bootcamp™ L / WS



10:00am-7:00pm

MINDY MYLREA

Tabata Bootcamp is a sustainable fitness and eating program that truly changes people's lives. Based on the most current high-intensity interval training research and cutting-edge nutritional information, you will discover how you can lead this amazing total-body transformation program. This course provides participants with information on body assessment, metabolic profiling, eating strategies, and how to create workouts that matter. Unlike any other boot camp program, this course also offers you a turnkey Web business. Come and see how to tap into an income stream by leading your own 8-week total-body turnaround program. Whether you are an independent trainer, fitness instructor or club owner/manager, see how this revolutionary turnkey boot camp program (that does not require a licensing fee) can help you to make a difference in the lives of your members/clients.

- This course includes seven workout DVDs, three eating strategy DVDs, instructor manual, instructional booklet, resistance tubing, your own business Web access and a complete turnkey program to grow your own Tabata Bootcamp business.
- Lunch is on your own (1 hour).
- Approved for 0.9 ACE CECs and 9.0 AFAA CECs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$199	\$219
REGULAR REG. Postmarked after 6/28/13	\$219	\$239
ON-SITE	\$239	\$259



113 Reinventing Worksite Wellness—The Forefront of Prevention in Unfit America L

12 Noon-4:00pm

JULIAN VARELA, MS

The evidence is clear! A large segment of our population does not utilize the services of fitness centers and professional trainers. Unfortunately, these individuals are precisely the ones who are driving healthcare costs through the roof! As fitness professionals, how do we incentivize these individuals to start leading a life of health? This preconference session addresses the challenge of how to best engage the unfit. Corporate worksite wellness programs are the perfect platform to inspire people who are on the fitness fence. This enlightening course will:

- 1) Give an overview of behavioral and psychological principles that lead people to change their behavior.
 - 2) Offer strategies for designing a sustainable and profitable worksite wellness and health management program.
 - 3) Discuss the business of creating a worksite wellness program, from site management to employee incentive programs.
- CECs are pending.
 - Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$99	\$119
REGULAR REG. Postmarked after 6/28/13	\$119	\$139
ON-SITE	\$139	\$159



114 Stability Barre™: Endurance With Music™, Level 1 WS



2:00-6:00pm

MERRITHEW HEALTH & FITNESS™ FACULTY

Research shows that music can increase coordination and motivation, and improve movement quality. This high-energy new workout is a great opportunity for instructors looking to bring music-inspired movement to their clients. Drawing from the most experienced instructor trainers within the Merrithew Health & Fitness team, this barre program focuses on building strength and stamina, as well as improving balance and flexibility. Learn programming for an endurance-focused Level 1 Stability Barre class, following the class template used within the Stability Barre foundational course. Biomechanical principles are incorporated to help instructors cue effectively and safely to music. Suggested beats per minute will be supplied for the different sections, and close attention will be paid to the importance of modifying exercises for your specific clientele.

- Approved for 0.4 ACE CECs and 0.4 STOTT PILATES® CECs. CECs from other agencies are pending.
- Participants will receive a Certificate of Completion.

PRICING	IDEA Member	Nonmember
EARLY BIRD REG. Postmarked by 6/28/13	\$169	\$189
REGULAR REG. Postmarked after 6/28/13	\$189	\$209
ON-SITE	\$209	\$229

STOTT PILATES® photography © Merrithew Corporation

EDUCATION SCHEDULE

KEY

WS

Workshop: Approximately 25% Lecture/75% Movement

WO

Workout: No CECs Offered

L

Lecture

CD

Cooking Demonstration

P

Panel Discussion

Best of Inner IDEA®

Showcase Room Session

	PERSONAL TRAINING & EXERCISE SCIENCE	PERSONAL TRAINING TECHNIQUES	SMALL-GROUP TRAINING & BOOT CAMPS	BUSINESS & MANAGEMENT		NUTRITION & PERSONAL GROWTH	GROUP EXERCISE	SPECIALIZED EQUIPMENT	MIND-BODY
	Anatomy, Assessment, Biomechanics, Corrective Exercise, Functional Training, Older-Adult Training	Program Design, Sports Conditioning & Performance, Suspension Training, Youth Fitness, Circuit Training, Metabolic Training		Marketing, Revenue, Technology/Social Media, Program/Club Management		Nutrition, Cooking, Stress, Wellness, Success, Happiness	Choreography, Cardio, Dance-Inspired, Group Strength, Martial Arts, Step	Indoor Cycling, Indoor Rowing, Kranking®, Kinesis	Pilates, Fusion, Meditation, Yoga, Barre, Tai Chi
WEDNESDAY, AUGUST 7 • PRECONFERENCES SESSIONS									
TIME BLOCK A 9:00am-7:00pm See session for exact time				100 Leadership Skills for Personal Training and Group Fitness Directors L McMILLAN 9:00am-1:00pm			102 Zumba® Basic Skills Instructor Training ws HERNANDEZ/STONE 9:00am-6:00pm 103 Zumba® Basic Skills Instructor Training–En Español ws PADILLA/PADILLA 9:00am-6:00pm 105 ACE®: Group Exercise Leadership Specialty Certification L/ws BISCONTINI 9:00am-6:00pm	106 RealRyder® Indoor Cycling: Certified Instructor Training L/ws BROOKS/REID 9:00am-6:00pm 107 Schwinn® Cycling: Instructor Certification L/ws ARNEY/BLAHNIK 9:00am-7:00pm	101 STOTT PILATES®: Advanced Matwork™ ws MERRITHEW HEALTH & FITNESS™ FACULTY 9:00am-1:00pm 104 YogaLean™ by YogaFit® ws LELAND/SHAW 9:00am-7:00pm
TIME BLOCK B 10:00am-7:00pm See session for exact time	110 Gray Institute: Foundations of Movement Training L/ws PARRACINO 10:00am-7:00pm	111 ACE®: Metabolic Training Workshop ws McCALL 10:00am-7:00pm	108 NASM®: The New Group Fitness Is Here! L/ws COMANA/DROGOSZEWSKI/GONZALEZ/RHODES/RICHEY 10:00am-2:00pm 109 TRX®: Group Rip™ Training Course ws McDONOGH/QUELCH 10:00am-7:00pm 112 Tabata Bootcamp™ L/ws MYLREA 10:00am-7:00pm			109 TRX®: Group Rip™ Training Course ws McDONOGH/QUELCH 10:00am-7:00pm 112 Tabata Bootcamp™ L/ws MYLREA 10:00am-7:00pm			
TIME BLOCK C 12 Noon-6:00pm See session for exact time				113 Reinventing Worksite Wellness–The Forefront of Prevention in Unfit America L VARELA 12 Noon-4:00pm					114 Stability Barre™–Endurance With Music™, Level 1 ws MERRITHEW HEALTH & FITNESS™ FACULTY 2:00-6:00pm
THURSDAY, AUGUST 8									
TIME BLOCK D 7:00-7:45am WORKOUTS No CECs offered for workouts	215 HALO®: Foundations to Integrated Body Weight Training wo MERRITHEW HEALTH & FITNESS™ FACULTY	200 The IDEA Rookie Rumble! wo KLIKA 7:00-8:00am 203 SPRI®: Step 360 Core VIIT wo SHERMAN 204 S.W.E.A.T. wo FLECK 205 Primal Movement Drills-n-Thrills wo McMULLEN 207 Thread–Athletic Stretch and Mobility wo DALE	200 The IDEA Rookie Rumble! wo KLIKA 7:00-8:00am 201 TRX® Group Rip™ Power wo McDONOGH 209 MMA Fitness Boot Camp wo KEARNS 218 Krank Boot Camp™ wo KRANKCYCLE® FACULTY				200 The IDEA Rookie Rumble! wo KLIKA 7:00-8:00am 202 Group Rx: RIP™ wo GROUP RX FACULTY 203 SPRI®: Step 360 Core VIIT wo SHERMAN 205 Primal Movement Drills-n-Thrills wo McMULLEN 206 A Barre Above wo BENDER 208 Reebok Fitness Fusion wo EXPOSITO 211 mi-Step wo BATES 212 KICK wo GOUDEAU 213 POUND–Rockout. Workout.™ wo PEERENBOOM/POTENZA 222 MALLA® Fitness wo WRIGHT 223 CardioBOUNCE™ wo SCHELLER	210 Indo-Row®: The Perfect Calorie Burn wo ARNEY/CROSBY/THEWS 218 Krank Boot Camp™ wo KRANKCYCLE® FACULTY 219 Schwinn® Cycling: Rise and Ride! wo McMILLAN 220 Keiser® M3: Power Zone–Riding on the Power Path wo O'BYRNE 221 RealRyder® Indoor Cycling: Shut up Legs! wo BROOKS/REID	206 A Barre Above wo BENDER 214 STOTT PILATES®: Intensifying Essential Reformer wo MERRITHEW HEALTH & FITNESS™ FACULTY 215 HALO®: Foundations to Integrated Body Weight Training wo MERRITHEW HEALTH & FITNESS™ FACULTY 216 STOTT PILATES®: Conditioning Towel Workout wo MERRITHEW HEALTH & FITNESS™ FACULTY 217 PowerFlow Yoga wo GLICK
TIME BLOCK E 8:10-10:00am WORKSHOPS/LECTURES Up to 2 CEC hours	235 NASM®: From Good to Great! Strategies to Effective Personal Training ws COMANA 236 Gray Institute: Assessment and Solutions for the Hip ws PARRACINO 237 CoreFitnessRoller®: Creating Power-Balance Solutions for Older Adults ws CFR FACULTY 245 The Fluid Body ws HITZMANN	230 TRX®: Rip™ Training: Foundations ws HOLMAN 233 Perform Better®: Xtreme Sport Conditioning ws DURKIN 234 Perform at the Speed of Life ws TWIST 239 BOSU®: HIIT Extreme 2013 ws FABLE/ROBERTS 242 Train to Play With Dynamax Medicine Balls ws CISNEROS 256 Fundamentals of CROSS CIRCUIT by Octane Fitness® ws BRUNK	231 Equipment-LESS Boot Camp ws APPEL 232 10 New BIG Things in Small-Group Training ws KLIKA	244 Survival Tactics for the Social Age: How to Catch Up, Keep Up and Stay One Step Ahead L JENNINGS 247 Corporate Fitness UNLEASHED L GRAY		246 The Complete Idiot's Guide to Plant-Based Nutrition L HEVER	238 Core Cuts 2013 ws GLICK/SPREEN-GLICK 239 BOSU®: HIIT Extreme 2013 ws FABLE/ROBERTS 241 Less Stress...More Stress-Free Step! ws HOFFMAN 243 Dance Aerobics–Symmetrical or Asymmetrical? ws AVIDAR	240 Indo-Row®: The Perfect Calorie Burn ws BLAHNIK/CROSBY 252 Intro to Kranking® ws KRANKCYCLE® FACULTY 253 Schwinn® Cycling: It's All in Your Head wo ARNEY 254 RealRyder® Indoor Cycling: This Is How We Ryde! ws BROOKS/REID 255 ICG®: Ride Around the World ws TEAM ICG	237 CoreFitnessRoller®: Creating Power-Balance Solutions for Older Adults ws CFR FACULTY 248 STOTT PILATES®: Athletic Conditioning 2 on the V2 Max Plus™ Reformer ws MERRITHEW HEALTH & FITNESS™ FACULTY 249 Holistic Fusion: Movement as Meditation ws JENNINGS  250 ZEN-GA™: Power and Strength ws MERRITHEW HEALTH & FITNESS™ FACULTY 251 YogaFit® Basics ws SHAW
OPENING CEREMONIES 10:20am-12 NOON						REGISTER NOW! CLICK OR TAP HERE.			

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EDUCATION SCHEDULE

KEY

WS

Workshop: Approximately 25% Lecture/75% Movement

WO

Workout: No CECs Offered

L

Lecture

CD

Cooking Demonstration

P

Panel Discussion

Best of Inner IDEA®

Showcase Room Session

	PERSONAL TRAINING & EXERCISE SCIENCE	PERSONAL TRAINING TECHNIQUES	SMALL-GROUP TRAINING & BOOT CAMPS	BUSINESS & MANAGEMENT		NUTRITION & PERSONAL GROWTH	GROUP EXERCISE	SPECIALIZED EQUIPMENT	MIND-BODY
	Anatomy, Assessment, Biomechanics, Corrective Exercise, Functional Training, Older-Adult Training	Program Design, Sports Conditioning & Performance, Suspension Training, Youth Fitness, Circuit Training, Metabolic Training		Marketing, Revenue, Technology/Social Media, Program/Club Management		Nutrition, Cooking, Stress, Wellness, Success, Happiness	Choreography, Cardio, Dance-Inspired, Group Strength, Martial Arts, Step	Indoor Cycling, Indoor Rowing, Kranking®, Kinesis	Pilates, Fusion, Meditation, Yoga, Barre, Tai Chi
THURSDAY, AUGUST 8 CONTINUED									
TIME BLOCK G 2:00-3:50pm WORKSHOPS/LECTURES Up to 2 CEC hours	273 Athlete's Performance: Barefoot Training–Benefits, Pitfalls and Programming ws VERSTEGEN 275 Out With the Old and in With the Older! ws BISCONTINI/O'BRIEN 276 Gray Institute: Live Case Study–A Whole Approach to Assessment and Program Design ws PARRACINO 277 Total-Body Conditioning: Anatomy in Action ws BENDER 285 Training the Female Client L McMILLAN	270 TRX®: Training for Youth ws McDONOGH 272 SPRI®: Ropes Gone Wild ws NUNEZ 279 BOSU®: Crush It ws DIXON/MYLREA	271 Small-Group/Team Training–Introducing LES MILLS GRIT™ Series ws EVANS/MATHEWS 274 Sport Conditioning GOES GROUP ws TWIST	284 Why Your Personal Story Is Your Most Valuable Asset–Create Your Story! L EASON 287 Perform Better®: Blueprint for Success in the Fitness Industry L DURKIN		286 Energy Defined: What Is It and How Much Do You Need? L COLEMAN/WHEELER	275 Out With the Old and in With the Older! ws BISCONTINI/O'BRIEN 278 The Perfect 10 ws APPEL 279 BOSU®: Crush It ws DIXON/MYLREA 281 Hi-Step–Bi-Step ws BATES 282 Body Force ws FELZMANN 283 Let the Music Move You! ws HOFFMAN	280 Indo-Row®: The Perfect Calorie Burn ws BLAHNIK/CROSBY 292 ICG®: Mountain Rider ws TEAM ICG® 293 Schwinn® Cycling: All the Right Cues ws FABLE 294 Keiser® M3: The Power Journey–Creating Power-Based Rides ws POPOWYCH 295 RealRyder® Indoor Cycling: Recycle...Class Planning in Minutes! ws GASPER	288 ZEN-GA™: V2 Vinyasa on the V2 Max Plus™ Reformer, Level 1 ws MERRITHEW HEALTH & FITNESS™ FACULTY 289 Stability Barre™: Endurance With Music™–60+ ws MERRITHEW HEALTH & FITNESS™ FACULTY 290 Yoga-Motion ws SPREEN-GLICK 291 The Three R's of Pilates: Read, Realign and Restore Healthy Movement ws K. COYLE/TRAP
	300 TRX®: Training for Active Seniors ws QUELCH 302 Submaximal Loaded-Movement Training ws DALCOURT 304 NASM®: Real-World Dynamic Flexibility Progressions ws BEARD 306 Transformational Posture ws BENDER 308 Vibram®: Meet the Feet ws KRAUSS 312 C.H.E.K. Institute®: To Work Out or Not to Work Out–That Is the Question! L HELLMAN	301 SPRI®: Step 360 Strength VIIT ws SHERMAN 303 Rolling Ropes™: Unleash Your Movement Capabilities! ws HSU 305 Gray Institute: 3-D Performance Training ws PARRACINO		315 Epic IDEA FitnessConnect Insider Tips L BANNAN		313 Healthy Aging Survival Kit L ECKMANN 314 Food as Fuel! L MIRKIN	301 SPRI®: Step 360 Strength VIIT ws SHERMAN 307 Power Trip ws KATAMI 309 Step Party! ws GLICK 310 HIIT the Floor ws FLECK 311 Flirty Girl Fitness: The Teaser ws HALL/MYLREA	320 ICG®: World Cycling Tour Challenge/Expedition ws TEAM ICG 321 Schwinn® Cycling: The X Factor ws BLAHNIK 322 Keiser® M3: Lights, Camera, Cycle! ws MACUHA	316 STOTT PILATES®: Athletic Conditioning 3 on the Reformer ws MERRITHEW HEALTH & FITNESS™ FACULTY 317 Pilates PNF Fusion ws AVIDAR 318 Pilates Mini Ball for Core Stability and Flexibility ws ROMANI-RUBY 319 Yoga Sculpt ws K. COYLE/TRAP
FRIDAY, AUGUST 9									
TIME BLOCK J 7:00-7:45am WORKOUTS No CECs offered for workouts	405 MELT® Self-Treatment wo HITZMANN 406 Cardio*Combat*Core*Strength wo McMULLEN	400 TRX®: Circuit Training wo QUELCH 402 SPRI®: Step 360 Cardio VIIT wo GOUDEAU 404 Equipped Circuits wo FELZMANN	409 Booty Camp–The Best Bun and Leg Training on the Planet wo MYLREA 412 Partner Playground wo CROSBY/McLEAN 423 Krank Boot Camp™ wo KRANKCYCLE® FACULTY				401 Group Rx: RIP™ wo GROUP RX FACULTY 402 SPRI®: Step 360 Cardio VIIT wo GOUDEAU 403 LeBARRE by Lebert Fitness wo HALL 407 HIIT Me With Your Best Shot! wo JOHNSON 408 Reebok Fitness Fusion wo EXPOSITO 410 Masala Bhangra® Presents Bollywood Step wo JAIN 411 U-Jam LIVE! wo CABARLOC-MARKS 421 MALLA® Fitness wo WRIGHT 422 CardioBOUNCE™ wo SCHELLER	418 Schwinn® Cycling: Rise and Ride! wo GLICK 419 Keiser® M3: The Competitive Team Ride–Indoor Team Training wo POPOWYCH 420 RealRyder® Indoor Cycling: Burn Your Last Match wo BROOKS/REID 423 Krank Boot Camp™ wo KRANKCYCLE® FACULTY	413 STOTT PILATES®: Jumpboard Strength and Conditioning wo MERRITHEW HEALTH & FITNESS™ FACULTY 414 Spiral-Driven Core Training for Pilates wo EKLUND 415 Dancing the Language of Energy wo EKINS/TRAP 416 Chi-Lates wo BISCONTINI 417 Chakra Salutations ws ERICKSEN
	436 TPPT: Foot and Lower-Leg Myofascial Matrix ws PHILLIPS 437 Training and Injury Prevention: Shoulder and Spine ws DALCOURT 451 The Gluteals and Their Link to Low-Back Pain ws ROMANI-RUBY	430 TRX®: Body Blast ws McDONOGH 431 MMA Warrior Workout ws H. COYLE/KEARNS 432 SPRI®: Ignite Performance Training ws NUNEZ 433 Triple-Action Abs ws APPEL 435 Body Weight Foundations by Lebert Fitness ws LEBERT 438 Four Top Guns Meet Four Top Chicks–A Match Made in Fitness Heaven! wo BROOKS/DIXON/DURKIN/FABLE/McMILLAN/QUELCH/ROBERTS/TWIST 440 ShockWave Circuit: The Most Efficient Total-Body Workout in the World! ws BLAHNIK/CROSBY/KATAMI/LEIGH/SCOTT/THEWS	434 The Ultimate Portable PT Playground ws BALDWIN 438 Four Top Guns Meet Four Top Chicks–A Match Made in Fitness Heaven! wo BROOKS/DIXON/DURKIN/FABLE/McMILLAN/QUELCH/ROBERTS/TWIST 448 Group Training Programs That Profit L HAGAN	445 Customer Service Success–Making Members Feel Special L KIRK 448 Group Training Programs That Profit L HAGAN		444 Tackling Whole Grains and Leafy Greens co CASTRO 446 Sticking to a Healthy Nondiet! L MIRKIN 447 The Eight Essential Daily Habits of Happiness L MARRÉ	433 Triple-Action Abs ws APPEL 439 Extreme Makeover 2013 ws GLICK 440 ShockWave Circuit: The Most Efficient Total-Body Workout in the World! ws BLAHNIK/CROSBY/KATAMI/LEIGH/SCOTT/THEWS 441 Two Men and a Step ws AVIDAR/MOTTOLA 442 Barre Burn. 3-D Core. ws GASPER/LARUE 443 Dance It Out® ws BLANKS/BLANKS	454 ICG®: Ride Around the World ws TEAM ICG 455 Schwinn® Cycling: Music to the Max! ws ARNEY	442 Barre Burn. 3-D Core. ws GASPER/LARUE 449 STOTT PILATES®: Matwork™ Flow With Weights ws MERRITHEW HEALTH & FITNESS™ FACULTY 450 Sword TIME With JUNGSHIN® Fitness wo KAHN 451 The Gluteals and Their Link to Low-Back Pain ws ROMANI-RUBY 452 Meditation for Physical Mastery wo ERICKSEN 453 ZEN-GA™: V2 Vinyasa on the V2 Max Plus™ Reformer, Level 2 ws MERRITHEW HEALTH & FITNESS™ FACULTY

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–IDEA World Attendee CHRISSIE MACK

EDUCATION SCHEDULE

KEY

WS

Workshop: Approximately 25% Lecture/75% Movement

WO

Workout: No CECs Offered

L

Lecture

CD

Cooking Demonstration

P

Panel Discussion

Best of Inner IDEA®

Showcase Room Session

PERSONAL TRAINING & EXERCISE SCIENCE	PERSONAL TRAINING TECHNIQUES	SMALL-GROUP TRAINING & BOOT CAMPS	BUSINESS & MANAGEMENT	NUTRITION & PERSONAL GROWTH	GROUP EXERCISE	SPECIALIZED EQUIPMENT	MIND-BODY
Anatomy, Assessment, Biomechanics, Corrective Exercise, Functional Training, Older-Adult Training	Program Design, Sports Conditioning & Performance, Suspension Training, Youth Fitness, Circuit Training, Metabolic Training		Marketing, Revenue, Technology/Social Media, Program/Club Management	Nutrition, Cooking, Stress, Wellness, Success, Happiness	Choreography, Cardio, Dance-Inspired, Group Strength, Martial Arts, Step	Indoor Cycling, Indoor Rowing, Kranking®, Kinesis	Pilates, Fusion, Meditation, Yoga, Barre, Tai Chi

FRIDAY, AUGUST 9 CONTINUED

500 L.A. ADVENTURES: HOLLYWOOD HILLS HIKE 10:15am-1:15pm				
TIME BLOCK L 10:20am-12:10pm WORKSHOPS/LECTURES Up to 2 CEC hours	462 The 30 Essential Exercises ws SHERMAN 465 Saving the Spaces ws HITZMANN 466 The Ultimate Anti-Aging Workout ws HAGAN 476 Your Brain on Exercise: From Research to Practice l ECKMANN	460 TRX®: Advanced Suspension Training® ws QUELCH 461 PLAY! The Childhood Obesity Solution ws KLIKA 463 Surge Reactive Resistance Training ws STUTZMAN/TWIST 464 Enhance Your Athletic Potential ws HSU 469 ShockWave Circuit: The Most Efficient Total-Body Workout in the World! ws ARNEY/BLAHNIK/CROSBY/ROBERTS/THEWS	470 Technogym®: Transformational Group Training Strategies and Tools ws HOLLANDER	470 Technogym®: Transformational Group Training Strategies and Tools ws HOLLANDER
	524 The Physiology of Fat Loss l KRAVITZ 527 Postrehabilitation: Bridging the Gap Between Health Care and Fitness l RICHEY 529 HALO®: Foundations to Integrated Body Weight Training ws MERRITHEW HEALTH & FITNESS™ FACULTY 532 Redefining “The Change” With Mind-Body Fitness ws HAGAN	510 TRX®: Advanced Core Training ws QUELCH 512 New Grooves to Make Your Body Move–Balance Training Made Fun! ws HSU 513 Athlete’s Performance: Lessons From a Sprinter–Integrating Running Technique Into Training ws WINKELMAN 514 3-D Core–Fitness Toolbox Integration ws GASPER/LARUE 515 TPPT: SMRT-CORE™ MAXX ws PHILLIPS 519 BOSU®: Accelerate and Elevate ws BROOKS	511 Small-Group/Team Training–Introducing LES MILLS GRIT™ Series ws EVANS/MATHEWS 517 IDEA All-Star Presenter Boot Camp Blowout! wo BLAHNIK/IDEA PRESENTER FACULTY ★ 520 Technogym®: Transformational Group Training Strategies and Tools ws HOLLANDER	520 Technogym®: Transformational Group Training Strategies and Tools ws HOLLANDER 527 Postrehabilitation: Bridging the Gap Between Health Care and Fitness l RICHEY
TIME BLOCK M 2:10-4:00pm WORKSHOPS/LECTURES Up to 2 CEC hours	542 NASM®: Dysfunctional Functional Training: Are “Fun” New Trends Leading to More Injuries? ws BEARD 546 C.H.E.K. Institute: Effective Flexibility Training–You Don’t Have to Tie Yourself in Knots! ws HELLMAN 547 Make the Core F.A.S.T.™ Connection ws WECK 557 Build a Better Backside l RAWCLIFFE	543 Club Spotlight: Equinox Presents Animal Flow X ws DALE/FITCH/L. WHEELER 545 ACE®: Exercise Programming for the Fountain of Youth ws McCALL 548 The Ultimate Stretch Transformation–Showcase Style! ws BLAHNIK ★	540 TRX®: Group Rip Performance ws HOLMAN 544 Games Trainers Play–Fun With Team Training ws BALDWIN 552 High-Velocity Boot Camp With Dynamax Medicine Balls ws CISNEROS	554 Exercise Is Medicine™: Your New Business Partner! l COTTON/SPRING 555 The Group Fitness Trifecta l FABLE
	556 Use the Glycemic Index to Fine Tune Your Diet l CASTRO	541 Group Rx: BOOT™ ws GROUP RX FACULTY 543 Club Spotlight: Equinox Presents Animal Flow X ws DALE/FITCH/L. WHEELER 548 The Ultimate Stretch Transformation–Showcase Style! ws BLAHNIK ★ 549 Lean Legs, Great Glutes ws FREEMAN-WEBSTER 551 Step Dance Fusion wo MOTTOLA 553 WERQ™: Pop, Rock and Hip-Hop wo STEFFEN/H. STONE 555 The Group Fitness Trifecta l FABLE	562 Schwinn® Cycling: Leave ‘em Breathless ws DIXON 563 Keiser® M3: Secrets of the Best Instructors ws MACUHA	548 The Ultimate Stretch Transformation–Showcase Style! ws BLAHNIK ★ 550 BOSU®: Mind-Body Fusion ws VANDERBURG 558 STOTT PILATES®: Reformer and Padded Platform Extender ws MERRITHEW HEALTH & FITNESS™ FACULTY 559 RELEASE ws GOUDEAU 560 Xtend Barre Workout ws ALFANO/ROGERS/WILLIAMSON-RUDDER 561 Journey to the Beginner’s Mind (Yoga) ws EIRK 🌸
TIME BLOCK N 5:00-6:30pm WORKSHOPS/LECTURES Up to 1 CEC hour				

SATURDAY, AUGUST 10

TIME BLOCK O 7:30-9:20am WORKSHOPS/LECTURES Up to 2 CEC hours	601 Discovering Parkour ws EDWARDES 604 Strengthening the Fascial Lines in 3-D ws TWIST 606 TPPT: Myofascial Compression Techniques for HIIT Functional Training ws PHILLIPS 607 The Core in 3-D ws BENDER 610 BOSU®: Mobility and Stability for Active Aging ws BISCONTINI 615 Metabolic Conditioning-The Good, the Bad and the Ugly! l KRAVITZ	600 TRX®: Training for Body Transformation ws QUELCH 602 SPRI®: Ignite Challenge ws NUNEZ 603 Intensity Overload-Battle of the HIITs ws MYLREA 608 SBR-The Speed, Balance and Range of Motion Formula wo HORTON	601 Discovering Parkour ws EDWARDES 605 Cool Tools and Programming for Boot Camps and Small-Group Training by Lebert Fitness ws LEBERT	616 Creating Your Career Map as a Mind-Body Professional ws LARKAM 618 How Many Plates Can You Spin? l FABLE	614 Protein Power cd GENTES 617 Changing Body Composition-It's Not All About Calories! l BELL/IVY	603 Intensity Overload-Battle of the HIITs ws MYLREA 608 SBR-The Speed, Balance and Range of Motion Formula wo HORTON 609 4x4: The Fitness Formula ws KATAMI 610 BOSU®: Mobility and Stability for Active Aging ws BISCONTINI 611 Step Tactics ws AVIDAR 612 Club Spotlight: Crunch Presents 2FLY-The House Party ws SUDEIKIS/WARREN 613 Zumba® Exhilarate ws VON/ZUMBA TEAM	624 ICG®: World Cycling Tour Challenge/Expedition ws TEAM ICG 625 Schwinn® Cycling: ShLOC (Sh*t Load of Climbing) ws ROBERTS 626 RealRyder® Indoor Cycling: This Is How We Ryde! ws BROOKS/REID	616 Creating Your Career Map as a Mind-Body Professional ws LARKAM 619 STOTT PILATES®: Athletic Conditioning 4 on the Reformer ws MERRITHEW HEALTH & FITNESS® FACULTY 620 Yoga I.S.® and the Hip ws EIRK 621 The Power of Two-Partner Pilates ws K. COYLE/TRAP 622 Rotational Mat Work-Addressing Asymmetry ws COREY 623 3-D Pilates: Beyond the Mental ws EKLUND
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EDUCATION SCHEDULE

KEY

WS

Workshop: Approximately 25% Lecture/75% Movement

WO

Workout: No CECs Offered

L

Lecture

CD

Cooking Demonstration

P

Panel Discussion

Best of Inner IDEA®

Showcase Room Session

	PERSONAL TRAINING & EXERCISE SCIENCE	PERSONAL TRAINING TECHNIQUES	SMALL-GROUP TRAINING & BOOT CAMPS	BUSINESS & MANAGEMENT		NUTRITION & PERSONAL GROWTH	GROUP EXERCISE	SPECIALIZED EQUIPMENT	MIND-BODY	
	Anatomy, Assessment, Biomechanics, Corrective Exercise, Functional Training, Older-Adult Training	Program Design, Sports Conditioning & Performance, Suspension Training, Youth Fitness, Circuit Training, Metabolic Training		Marketing, Revenue, Technology/Social Media, Program/Club Management		Nutrition, Cooking, Stress, Wellness, Success, Happiness	Choreography, Cardio, Dance-Inspired, Group Strength, Martial Arts, Step	Indoor Cycling, Indoor Rowing, Kranking®, Kinesis	Pilates, Fusion, Meditation, Yoga, Barre, Tai Chi	
SATURDAY, AUGUST 10 CONTINUED										
TIME BLOCK P 9:40-11:30am WORKSHOPS/LECTURES Up to 2 CEC hours	641 Parkour Fitness: True Functional Training™ ws EDWARDES 644 Functional Performance SAQ ws JACK 645 Learning to Assess Movement Dysfunction ws PRICE 646 Vibram®: Barefoot Fitness–Sole Training™ ws KRAUSS 658 Understanding Function From the Ground Up L ROSKOPF	640 TRX®: Suspension and Rip™ Training Fusion ws HOLMAN/McDONOGH 643 Today's Youth...Tomorrow's Athlete ws PARISI/OWEN 644 Functional Performance SAQ ws JACK 647 Beachbody's Mega Showcase Room Workout wo CARVALHO/HORTON/JOHNSON/SHAUN T. ★ 652 Les Mills CXWORX™ ws EVANS/MATHEWS	642 Successful Small-Group Personal Training ws McMILLAN 647 Beachbody's Mega Showcase Room Workout wo CARVALHO/HORTON/JOHNSON/SHAUN T. ★ 652 Les Mills CXWORX™ ws EVANS/MATHEWS	643 Today's Youth... Tomorrow's Athlete ws PARISI/OWEN 655 Becoming a Social Media Star L HO		654 Cooking Demonstration in the Nutrition Pavilion cd PRESENTER TBD 656 Brain Fitness and Mental Health Update L McGONIGAL 657 Eating and the Stress Connection L ZIVE	647 Beachbody's Mega Showcase Room Workout wo CARVALHO/HORTON/JOHNSON/SHAUN T. ★ 648 Drums Alive®: DRUM-TASTIC! ws EKINS 649 BOSU®: Double Up, Double Down ws ARNEY/BLAHNIK 650 JumpSport®: Join the Circuit ws POPOWYCH 651 3 Men. 3 Steps. More Fun Than a 3-Ring Circus! ws BATES/SELLAR/STEEL 652 Les Mills CXWORX™ ws EVANS/MATHEWS 653 Masala Bhangra® Presents Bhangra Burn ws JAIN	664 Kranking® and the Johnny G Energy Training System™ ws KRANKCYCLE® FACULTY 665 Schwinn® Cycling: Mindy Mylrea's RIDE RIGHT™ 2-for-1 ws MYLREA 666 Cooking With Keiser® ws MACUHA 668 ICG®: One for the Roadies ws TEAM ICG®	659 STOTT PILATES®: Jumpboard Interval Training on the Cardio-Tramp™ Rebounder, Level 1 ws MERRITHEW HEALTH & FITNESS™ FACULTY 660 Stability Barre™: Endurance With Music, Level 2 ws MERRITHEW HEALTH & FITNESS™ FACULTY 661 Tai Chi: The Oldest Wellness Coaching Model ws ROSS 🌻 662 The Yoga Groove ws JENNINGS 663 The Art of Effective Cuing for Pilates ws ROMANI-RUBY	
TIME BLOCK Q 1:30-3:20pm WORKSHOPS/LECTURES Up to 2 CEC hours	685 The Link Between Stress and Chronic Pain ws BRATCHER/PRICE 686 Movement³: Integrating Movement, Fascia and Function With the CoreFitnessRoller® ws CFR FACULTY 696 Knee Pain, Muscular Imbalance and the Kinetic Chain L ROSKOPF	680 TRX®: Training Zone Circuit ws HOLMAN 681 Body Weight Blitz ws ROBERTS 682 XiT: Extreme Interval Training, 3rd Edition ws VANDERBURG 683 How to Train the Stressed-Out Client ws CORN 684 Body Leverage Training: No Equipment? No Problem! ws BRACKO 699 CORE™: Dynamic Resistance Training With Tubing ws MERRITHEW HEALTH & FITNESS™ FACULTY	689 Let the Games Begin! Skills, Drills, Games and Tricks for Socializing and Energizing Your Tribe ws BLAHNIK 690 JumpSport®: Plyometric Training for Personal Trainers and Small-Group Workouts ws POPOWYCH 697 Functional Fee-Based Group Training ws JACK	694 The Future of Fitness–Group Fitness Unleashed L/P OWEN/RENATA/HETRICK 695 The Bacon, Sprouted Quinoa and Kale Cupcake–Food Trends Panel P WEBSTER/CASTRO/GENTES/KOLKO 697 Functional Fee-Based Group Training L JACK		685 The Link Between Stress and Chronic Pain ws BRATCHER/PRICE 695 The Bacon, Sprouted Quinoa and Kale Cupcake–Food Trends Panel P WEBSTER/CASTRO/GENTES/KOLKO	681 Body Weight Blitz ws ROBERTS 687 IDEA's Epic Dance Encounter wo ARNEY/EPIC DANCERS ★ 688 Push, Pull, Bend, Twist, Squat and Lunge Circuit ws HOFFMAN 691 Step! In the Name of Love ws HAGGERTY 692 Outrageous Openings and Closings ws BISCONTINI 693 Turbo Tabata ws SELLAR 694 The Future of Fitness–Group Fitness Unleashed L/P OWEN/RENATA/HETRICK	703 Keiser® M3: Heart Rate and Power Training ws O'BYRNE 704 RealRyder® Indoor Cycling: Recycle...Class Planning in Minutes! ws GASPER 705 Schwinn® Cycling: Jeffrey Scott's RIDE RIGHT™ 2-for-1 ws SCOTT	698 STOTT PILATES®: Stability Barre™ Training With Reformer and Cardio-Tramp™ Rebounder ws MERRITHEW HEALTH & FITNESS™ FACULTY 699 CORE™: Dynamic Resistance Training With Tubing ws MERRITHEW HEALTH & FITNESS™ FACULTY 700 Sight and Insight: Feldenkrais® Awareness Through Movement L LARKAM 🌻 701 Yoga for “Type-A” Clients ws FREEMAN-WEBSTER 702 Mat Movement Flow ws COREY	
TIME BLOCK R 4:20-6:10pm WORKSHOPS/LECTURES Up to 2 CEC hours	712 Gray Matters–Training for Brain and Body Fitness ws EKINS 714 Spinal Stabilization Versus Pelvic Stabilization ws RICHEY 715 The Rhythm Is Gonna Get You! ws HOLLANDER 724 ACE®: New Developments and Perspectives on Obesity–Looking at the Big Picture and Winning the Battle L KELLY 727 Fit for Two–Pre- and Postnatal Training ws VANDERBURG	713 Breaking Barriers to Exercise ws CORN 716 Showcase Sanctuary: A Final IDEA World Experience ws BISCONTINI/ERICKSEN/LARKAM/ROSS 🌻★ 726 STOTT PILATES® Athletic Conditioning on the Mat ws MERRITHEW HEALTH & FITNESS™ FACULTY	710 Get It From the Ground ws McDONOGH 711 The Art and Science of Small-Group Training ws RAWCLIFFE	721 The 12-Month Marketing Plan for Small Businesses L McMILLAN 723 Five Big Obstacles to Team Building L HUTCHINSON		716 Showcase Sanctuary: A Final IDEA World Experience ws BISCONTINI/ERICKSEN/LARKAM/ROSS 🌻★ 722 NASM®: Fast Fat-Loss Strategies L FANTIGRASSI 724 ACE®: New Developments and Perspectives on Obesity–Looking at the Big Picture and Winning the Battle L KELLY	710 Get It From the Ground ws McDONOGH 712 Gray Matters–Training for Brain and Body Fitness ws EKINS 716 Showcase Sanctuary: A Final IDEA World Experience ws BISCONTINI/ERICKSEN/LARKAM/ROSS 🌻★ 717 Barred for Life! ws SHERON 718 SOHO Step ws STEEL 719 Pack Your Classes Every Time! ws PERLUS 720 Zumba® Sentao™ ws CARR/HERNANDEZ	728 Schwinn® Cycling: All-Star MPower™ Workout! wo ARNEY/BLAHNIK/COOK/DIXON/IRACE/SCOTT/SHERMAN/THEWS 729 Keiser® M3: The Cyclist's Toolbox ws POPOWYCH	716 Showcase Sanctuary: A Final IDEA World Experience ws BISCONTINI/ERICKSEN/LARKAM/ROSS 🌻★ 717 Barred for Life! ws SHERON 725 STOTT PILATES®: Reformer Intervals on Accessory Boards–Ideal for Teens ws MERRITHEW HEALTH & FITNESS™ FACULTY 726 STOTT PILATES® Athletic Conditioning on the Mat ws MERRITHEW HEALTH & FITNESS™ FACULTY	
750 L.A. ADVENTURES: CITY TOUR BY NIGHT 6:30-10:00pm										
SUNDAY, AUGUST 11										
TIME BLOCK T 7:30-9:20am WORKSHOPS/LECTURES Up to 2 CEC hours	802 Designing Effective Balance and Mobility Programs–A Multidimensional Approach ws ROSE 803 NASM®: The Commotion About Human Motion ws MIYASHITA	800 Unleash Your Inner Athlete ws BISHOP 801 I Q U Do: The Art of Intelligent Coaching ws ROBERTS		807 Flex Your Marketing Muscles! Build and Grow Your Personal Brand L RITTER		806 Balancing Hormones for Optimal Weight Loss L BUBBS	801 I Q U Do: The Art of Intelligent Coaching ws ROBERTS 802 Designing Effective Balance and Mobility Programs–A Multidimensional Approach ws ROSE 804 High Voltage Studio Strength ws STEEL 805 Time Under Tension ws SHERON	810 Schwinn® Cycling: Super Star Substitute! ws THEWS	808 Breathe Life Into Your Poses ws McGONIGAL 🌻 809 STOTT PILATES®: Matwork™ Flow Conditioning Sequence Workout ws MERRITHEW HEALTH & FITNESS™ FACULTY	
815 L.A. ADVENTURES: LEGENDARY HOMES BIKE TOUR 7:30-11:30am										
TIME BLOCK U 9:40-11:30am WORKSHOPS/LECTURES Up to 2 CEC hours	821 30 Ultimate Back Exercises–Prevent and Perform ws BRACKO 823 Back to Basics With Anatomy ws HOSFORD	820 Tight on Time? 30-Minute Solutions for Your Clients' Busy Lifestyle ws BALZARINI	822 Making a Connection in Group Training ws HOLLANDER	826 The Attitude Effect™ L HUTCHINSON		827 Extraordinary Living for Ordinary People L BLAHNIK	822 Making a Connection in Group Training ws HOLLANDER 824 Athletic Step Training ws SELLAR 825 Blow Up Your B.A.S.E. ws SMITH	830 Schwinn® Cycling: Skip Jennings' RIDE RIGHT™ 2-for-1 ws JENNINGS	828 Yoga in the Round ws DRUCE 829 STOTT PILATES®: Matwork™ Strength and Mobility ws MERRITHEW HEALTH & FITNESS™ FACULTY	

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SESSION DESCRIPTIONS THURSDAY, AUGUST 8

THURSDAY, AUGUST 8

TIME BLOCK D • 7:00-7:45AM

Workouts do NOT qualify for CECs

200 The IDEA Rookie Rumble!

Special Time 7:00-8:00am

BRETT KLIKA

If this is your first time at an IDEA event, join us for a special IDEA welcome! To prepare you for a weekend of education, inspiration and perspiration, we have created a unique workout just for you. In this high-energy, movement-based session, you'll have the opportunity to meet and connect with other fitness professionals while learning interactive group workout games, drills and exercises. In addition, IDEA staff will present an overview of IDEA World and the organization so you will be well informed to make the most of your IDEA World journey.

201 TRX®: Group Rip™ Power

DAN McDONOGH

TRX® Group Rip Power is possibly the most dynamic music-driven group exercise class ever! This motivating class capitalizes on the speed, power and rotation inherent in Rip Training and sets it to music in a way that ensures high-quality movement, individualized training and an absolutely killer workout.

202 Group Rx: RIP™

GROUP RX FACULTY

Want to get ripped? Group Rx: RIP is a pre-choreographed barbell program designed to improve strength, endurance and definition. Inject excitement into your classes with motivating music and effective weight room exercises. Group Rx has done all the work. Now you can put your own personal stamp on it and get ripped! Repeated as session #401.

203 SPRI®: Step 360 Core VIIT

ROBERT SHERMAN

Redefine core training. Progressive phases of exercises and increasing demands of intensity will move from foundation to performance. Then, utilize metabolic conditioning cycles that incorporate an effective "3-2-1" format of energy system overload. Using the Step 360 balance trainer, learn how variable-intensity intervals using three planes of motion, six phases of conditioning and zero rest provides an integrated core training challenge. This workout focuses on developing alignment, awareness, athletic efficiency and control, dynamic balance and core power.

204 S.W.E.A.T.

EVE FLECK, MS

Six Ways Every Athlete Trains! Athletes need to be fit to perform at their best. They get there with a combination of aerobic conditioning, high-intensity interval training, plyometrics, strength, speed and power training. Now it's your turn. Experience one of Eve's signature innovative, athletic workouts using only body weight and minimal equipment. Wake up the athlete in you and get ready to SWEAT!

205 Primal Movement Drills-n-Thrills

JEFFREY McMULLEN

Isn't it time we get back to the primal root of it all... how we evolved from infants and developed into the superior moving machines we now are? Through movements we learned as babies, we can help our bodies gain flexibility, build strength, and repair and prevent injury. Using the Lebert Equalizer™ and Buddy System™, explore the seven primal movement patterns. Learn new body weight-training sequences involving mobility preparation, torso coordination, skill and resistance training for all fitness levels.

206 A Barre Above

LESLEE BENDER

Barre training is the hottest form of training since the Pilates boom. This workout focuses on authentic movement and the body's ability to work against gravity, without overusing the hips flexors, extreme external rotation and tightening of the glutes, all of which can lead to low-back pain and injury. See how you can mix up your routines and give your clients a workout experience like no other...without the use of a ballet bar!

207 Thread-Athletic Stretch and Mobility

LASHAUN DALE, MPH

Trace the interconnectedness within the body with a fast and effective athletic stretch, core strengthening and body awareness workout that will unlock muscular inhibition and improve vitality for peak performance.

208 Reebok Fitness Fusion

JESSICA EXPOSITO

Experience Reebok fitness through the years with international presenter and Reebok ambassador Jessica Exposito. Jessica will take you through an extraordinary routine that will have you begging for more! Bring your energy and passion for fitness and join Reebok in a presentation of the best fitness movements in step, dance and more. Fun, high energy and achievable choreography, this class is attainable for all levels. Repeated as session #408.

209 MMA Fitness Boot Camp

KEVIN KEARNS

The chaos of combat in the cage or ring IS functional training in its purist form. Since MMA fighting requires athletes to "change on the fly," they have to be fit and ready to change their game plan on a moment's notice. Whether you work with athletes or fitness enthusiasts, you can use the fresh ideas in this workout to take your fitness boot camp sessions to the next level by integrating the same moves that ultimate MMA fighters use to keep them ring-ready and cage-fit.

210 Indo-Row®: The Perfect Calorie Burn

JULZ ARNEY, JOSH CROSBY AND DORIS THEWS

Indo-Row is a one-of-a-kind rowing workout that will truly change the way you think about group exercise. Working in teams, partners and as one crew, you will get world-class coaching and a transforming total-body workout that will leave you begging for more. Easy to learn, Indo-Row is perfect for group exercise instructors and personal trainers. No experience is necessary. Repeated as session #240 and 280.

211 mi-Step

NEIL BATES

Welcome to the "mi-style" of teaching this fantastic class! I want to show you all the different types of rhythms and planes you can use to keep your students coming back for more. This class is for all levels of teachers with symmetrical breakdowns and easy layering. See how it's possible to go from base moves to our creative ending!

212 KICK

PATRICK GOUDEAU

Trust us! This is not just another kickboxing workout! Forget what you know and indulge in this cardio-packed knockout that will leave you dripping with sweat and smiling in exhilaration! Experience four nonstop, 10-minute rounds that are creative, fun and pack one serious punch! Feel-the-burn cardio, intermixed with a dash of body weight training will give you the all-around, calorie-zapping workout you've been longing for.

213 POUND-Rockout. Workout.™

CRISTINA PEERENBOOM AND KIRSTEN POTENZA

POUND, the hottest group fitness jam session, is designed to capture the exhilarating feeling of rocking out. POUND rivals the difficulty of an extreme boot camp, the effectiveness of intense Pilates and the benefits of cardiovascular interval training. Stress relief, weight loss, strength and confidence are simply side effects of getting together with a group of peeps, making music, and driving the beat.

214 STOTT PILATES®: Intensifying Essential Reformer

MERRITHEW HEALTH & FITNESS™ FACULTY

Learn to challenge clients with maximum safety and effectiveness by taking STOTT PILATES® Essential Reformer exercises to a higher level of intensity. Developed by the Merrithew Health & Fitness team, instructors will discover that by increasing the speed and flow of exercise sequences and modifying the existing repertoire to increase muscular and cardiovascular endurance, they can inspire more capable clients who may not be quite ready for the Intermediate Reformer program.

215 HALO®: Foundations to Integrated Body Weight Training

MERRITHEW HEALTH & FITNESS™ FACULTY

In this workout, brought to you by the Merrithew Health & Fitness team, instructors are introduced to the essential elements of Halo Training and the Halo Trainer and Stability Ball™. Progressions and regressions of exercises will be covered for functional strength and stability training. Incorporating core-integrated body weight training, this multifunctional and three-dimensional system will empower instructors with valuable tools to help advance any client to their desired fitness. Offered as a workshop in Session #529.

216 STOTT PILATES®: Conditioning Towel Workout

MERRITHEW HEALTH & FITNESS™ FACULTY

This simple Pilates-based routine, developed by the Merrithew Health & Fitness team, uses the support and resistance of a conditioning towel to maintain form. Ideal for those who are less flexible, the towel assists in helping increase range of motion of the joints and allows muscles to lengthen effectively. Scapular and shoulder stability are highlighted, while core strength and stability are enhanced.

217 PowerFlow Yoga

ROB GLICK

This powerful yoga practice is designed for the fitness enthusiast and yogi alike. Enjoy both a mental and physical challenge as we move and breathe through our vinyasa flow. You'll learn how to cultivate awareness to build strength and stamina as you lengthen and relieve stress from your body.

218 Krank BootCamp™

KRANKCYCLE® FACULTY

Experience Krank Boot Camp, a brand-new spin on circuit training! See how adding Krankcycles as either upper-body strength or cardio stations complement traditional lower-body stations for a full-body blast of calorie-burning activity. This type of programming helps to restore upper-body balance and symmetry, increase strength and endurance, and effectively manage weight like never before. If you teach small-group training, circuit training and boot camp programs, you'll want to take this class. Repeated as session #423.

219 Schwinn® Cycling: Rise and Ride!

SHERRI McMILLAN, MSC

Kick-start your morning and RIDE RIGHT™ in this high-energy workout packed with your Schwinn master trainer's favorite drills, music and coaching cues. You'll wake up to new ideas and inspiration for your own classes and test your ability to rise to the challenge in this eye-opener of a ride. Repeated as session #418.

KEY

WS

Workshop: Approximately 25% Lecture/75% Movement

WO

Workout: No CECs Offered

L

Lecture

CD

Cooking Demonstration

P

Panel Discussion

★

Best of Inner IDEA®

★

Showcase Room Session

SESSION DESCRIPTIONS THURSDAY, AUGUST 8

220 Keiser® M3: Power Zone-Riding on the Power Path ^{WO}



SUZETTE O'BYRNE

Using the key components of power, the Power Zone will maximize your potential as an indoor rider. Power is a function of velocity and force, known as cadence and gear in the cycling world. You will journey through various power zones to fully create an individualized workout within the team environment. Taught with power drills targeting specific zones, ride away with a new appreciation of the benefits of adding power to your teaching and training repertoire.

221 RealRyder® Indoor Cycling: Shut up Legs! ^{WO}

DOUGLAS BROOKS, MS, AND ADAM REID

"Shut up legs!" is what professional cyclist Jens Voigt says to tell your legs when you think they have nothing left to give. Experience what it takes to build strong and powerful climbing technique and how to conquer any hill. Take a challenging uphill journey that includes turning, steering and balancing along 20 steep switchbacks. This leg-burning, heart-pumping, give-it-all-you've-got profile will help any level rider develop stamina and grit!

222 MALLA® Fitness ^{WO}

CLAIRE WRIGHT

This group fitness program is inspired by the 900-year-old Indian warrior strength-training tradition. The format utilizes the Body Pole, a color-coded piece that ensures you are using the correct muscle groups and eliminates error when training in a group environment. MALLA is HIIT-based and fits the needs of today's high-intensity training market. Join us for an incredible cardio workout that delivers maximum muscular activation. **Repeated as session #421.**

223 CardioBOUNCE™ ^{WO}

AARON SCHELLER



CardioBOUNCE is a high-energy interval training class that utilizes a rebounder and hand weights. Participants will experience cardiovascular segments that are mixed in with muscle conditioning intervals. Experience this pre-choreographed workout that comes complete with modifications and choreography notes you can use in your classes. **Repeated as session #422.**

TIME BLOCK E • 8:10-10:00AM
Up to 2 CEC hours

230 TRX® Rip™ Training: Foundations ^{WS}



PETE HOLMAN, PT

Learn the foundations of Rip Training in this high-intensity workshop that provides a strong introduction to the essence of this exciting new program. The session covers the essential elements of Rip Training, including basic science, foundational movements, and exercise progressions and regressions. The experience culminates with an intense workout that will provide a great starting point for you and your clients.

231 Equipment-LESS Boot Camp ^{WS}

ABBIE APPEL

Learn new ways to train your clients and classes anytime, anywhere, with no equipment. This cutting-edge training program with fresh total-body integrated movements uses multiple high-intensity, timed intervals to deliver an exceptional workout with measurable results. Increase performance and enhance their fitness level by integrating endurance, strength, agility, power and balance drills. Get stronger and more powerful safely by using only body weight.

232 10 New BIG Things in Small-Group Training ^{WS}

BRETT KLIKA

The popularity of small-group training has been spreading to studios, gyms and private practices throughout the industry. This type of training is constantly evolving from a programming and business standpoint. In this turbo-charged workshop, learn 10 of the new must-do's to keep your clients and your business happy and healthy. From effective administrative systems to exercises and program design for varying levels within a group, you'll walk away with 10 new tools for success!

233 Perform Better®: Xtreme Sport Conditioning ^{WS}



TODD DURKIN, MA

Discover what top athletes do to get in peak condition. Todd Durkin has created a high-energy, intense and motivating workout experience that will challenge and inspire the athlete within all of us. Utilizing the latest tools and technology, this class infuses strength, power, speed, agility, reaction, mindset, mobility and recovery. From young to "old" athletes, weekend warriors to everyday fitness enthusiasts, this class will teach you how to challenge your clients to be their absolute physical and mental best!

234 Perform at the Speed of Life ^{WS}

PETER TWIST, MSC

It's time to boost your training by implementing a long-term strategy that continues to push traditional performance boundaries. Create world-class workouts using this design formula that captures the essence of science + methodology + exercise selection. Achieve results using a systematic approach to training cycles while mixing the art with the science of coaching. Leave with practical program design solutions that offer real-life application for training anyone who aspires to live life in high gear!

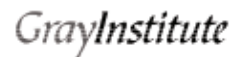
235 NASM®: From Good to Great! Strategies to Effective Personal Training ^{WS}



FABIO COMANA, MA, MS

As a new trainer, you want to know the innovative secrets to building effective client relationships, your brand value, and delivering uniquely different experiences to clients that achieve great results. Discover how to design and deliver a cutting-edge, systematic model for fitness-health-performance; one that implements an integrated and multidimensional approach of physiology and psychology. Learn how to effectively blend exercise science, creativity and common sense to deliver positive, memorable experiences. Rethink the way you train, and retrain the way you think.

236 Gray Institute: Assessment and Solutions for the Hip ^{WS}



LENNY PARRACINO

This hands-on workshop will address the functional anatomy of the hip and explore useful assessment techniques that fitness professionals can successfully use to determine the action of the hip and its chain reaction throughout the body. Gain an understanding of the expected biomechanical reactions of movement and some of the common compensations through these assessment tools. Trainers will view movement from an entirely different perspective and develop a new thought process for program design and exercise prescription.

237 CoreFitnessRoller®: Creating Power-Balance Solutions for Older Adults ^{WS}

CFR FACULTY

If you work with Baby Boomers, you know that fall prevention and joint health are major concerns. There are scores of studies that state that balance training and resistance work are vital when working with this population. Utilizing the CoreFitnessRoller, you will experience a repertoire of exercises that promote power and challenge balance. The blending of these two training modalities creates an invigorating yet safe workout your older-adult clientele will truly appreciate.

238 Core Cuts 2013 ^{WS}

ROB GLICK AND KIMBERLY SPREEN-GLICK

In this workshop, you will learn six individual core-focused routines. Each one can easily stand on its own when you're looking for a shortcut, or used as a great addition to any existing workout. You can also combine any number of them to create a core-focused challenge with a longer duration. Great for all levels.

239 BOSU®: HIIT Extreme 2013 ^{WS}

BOSU®

SHANNON FABLE AND

KELI ROBERTS



Intense, focused, efficient, challenging, rewarding and jam-packed with action from start to finish. Learn the science of high-intensity interval training and its application to both fitness and sport. Take home a variety of short, plug-n-play high-intensity interval sequences that are realistic for both high-level athletes and mere mortals, and are guaranteed to raise your heart rate, fitness level, calorie expenditure and the FUN factor! All-new drills for 2013!



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SESSION DESCRIPTIONS THURSDAY, AUGUST 8

240 Indo-Row®: The Perfect Calorie Burn WS

JAY BLAHNIK AND JOSH CROSBY

Repeated as session #210 and #280. See page 26 for full description.

241 Less Stress...More Stress-Free Step! WS

FRED HOFFMAN, MED

Been looking for a good old step class? Well you've just found it! This session offers everything...a fun, creative cardio workout, easy-to-follow choreography, and no stress trying to keep up or figure it out. Filled with a variety of dynamic, easy-to-teach and ready-to-use step combos, this session is a guaranteed good time for everyone! For all of the steppers out there, this one's for you!

242 Train to Play With Dynamax Medicine Balls WS

LAURA CISNEROS

Learn how to prepare your weekend warrior clients for any competitive event utilizing the Dynamax medicine ball, the pinnacle in high-performance training tools. This high-velocity movement-based training will develop true athleticism by activating and integrating the 10 physical skills: cardiovascular endurance, stamina, strength, flexibility, speed, power, balance, accuracy, agility and coordination.

243 Dance Aerobics-Symmetrical or Asymmetrical? WS

YOAV AVIDAR

The dance aerobics scene has been influenced by almost every dance style you can think of. Conventional choreography methods have you thinking that choreography must be built and performed in a symmetrical way. What would happen if you created choreography that was asymmetrical? Come take a look and compare the two methods, then decide which approach you prefer.

244 Survival Tactics for the Social Age: How to Catch Up, Keep Up and Stay One Step Ahead 1

STEPHANIE JENNINGS

Explore how recent tech advancements like social media have transformed consumer behavior, dictating a shift in marketing to your current and future clients. This is your survival guide for today's social revolution—a primer on what's happening, what's in store, and what you can do today to catch up and keep up. Learn firsthand what strategies have proven successful for fitness businesses just like yours, and leave with a better understanding of social trends to attract new clients.

245 The Fluid Body WS

SUE HITZMANN, MS

How does cellular fluid play a role in fitness, sports performance, rest, repair and pain-free living? Far beyond the concepts of how fascia supports muscle, you will learn how the fluid, fascial (connective tissue) system supports every aspect of the body and how it's linked to the nervous system, with models usable by any fitness professional. Learn how your connective tissue system plays an essential role in stability, function, metabolism, gut protection, and overall good health.

246 The Complete Idiot's Guide to Plant-Based Nutrition 1

JULIEANNA HEVER, MS, RD

This session will include a comprehensive review of the cutting-edge approach to wellness that is taking the world by storm. Learn everything you need to know about the most powerful tool we have to achieve and maintain optimum health and wellness, and how it all begins at the end of your fork.

247 Corporate Fitness UNLEASHED 1

TRINA GRAY

Be the solution to the rising cost of health care while you amp up your training business. Every business wants to reduce costs and improve productivity. As fitness professionals, we can deliver. You will learn four simple steps to get in the door, rapidly grow revenues, and be known as the go-to person in your community for corporate fitness.

248 STOTT PILATES®: MERRITHEW HEALTH & FITNESS™

Athletic Conditioning 2 on the V2 Max Plus™ Reformer WS

MERRITHEW HEALTH & FITNESS™ FACULTY

Athletes and trainers alike recognize the benefits of alternative training methods like Pilates. This second-level reformer workout, developed by the Merrithew Health & Fitness team, builds on the first level by placing more emphasis on core stability, while challenging strength, power and agility. Learn unique moves that challenge unilateral movement, weight transference and torso rotation, as well as strength and mobility. This programming is ideal for all levels of athletes or for conditioned individuals who want to take their game to the next level.

249 Holistic Fusion: Movement as Meditation WS

SKIP JENNINGS

Holistic Fusion is a blend of several mind-body formats that incorporate qigong, Pilates, yoga and meditation. This unique and powerful workshop is designed to create a full physical, mental and spiritual experience. You will learn the differences and similarities between each format and gain a powerful self-awareness through meditative movement.

250 ZEN-GA™: Power and Strength WS

MERRITHEW HEALTH & FITNESS™ FACULTY

Experience firsthand how the mindful movement principles of the ZEN-GA method are explored in a routine that brings calm and peace of mind, and strength and control to the body. This challenging mat-based program, developed by the Merrithew Health & Fitness team, includes all components of fitness training: the pace will rev up the cardiovascular system, the fluidity of the sequences will enhance flexibility, and the controlled stationary holds result in improved total-body strength and vitality.

251 YogaFit® Basics WS

BETH SHAW

This class combines traditional yoga poses with modern fitness movements. Special attention is given to modifications for each pose, catering to multiple fitness levels, body types and special conditions. The result is an incredible mind-body workout.

252 Intro to Kranking® WS

KRANKCYCLE® FACULTY

Kranking provides a fun and effective cardiovascular and strength-training workout while increasing balance and symmetry in the upper body. Find out how to easily integrate the Johnny G KRANKcycle® by Matrix into your facility. Personal trainers can easily utilize the KRANKcycle for one-on-one training, boot camps and circuits. Group exercise instructors can combine the KRANKcycle with indoor cycling for a full-body workout. This session covers proper setup and operation of this unique training tool!



253 Schwinn® Cycling: It's All in Your Head WS

JULZ ARNEY

The best indoor cycling instructors use vivid imagery to improve performance, transcend time and inspire their students. Not all imagery is created equal, and some approaches work better than others. Come learn the latest research on the mind/body connection, and how imagery fits into class design. Walk away with some of the most effective imagery used by Schwinn's most popular master trainers, and see it put to use in a killer workout!

254 RealRyder® Indoor Cycling: This Is How We Ryde! WS

DOUGLAS BROOKS, MS, AND ADAM REID

After 20 years of consistent stationary cycle design, the introduction of the RealRyder Cycle has changed indoor bike technology forever. This ride encourages, teaches and rewards good form and proper pedal stroke, while riders experience the benefits of turning, leaning and balancing. This workshop builds on the history of indoor cycling, giving instructors a glimpse into the RealRyder methodology and teaching system. The future of indoor cycling is here. Repeated as session #626.

255 ICG®: Ride Around the World WS

TEAM ICG

Would you teach a class without music? Video is becoming just as important. Join Team ICG and learn techniques, cues and the art of building a video profile that fits your music to create a new, powerful experience called immersion. Myride®+ is a game changer that makes video easy and fun to use. New teaching skills by Team ICG will enable your students to feel they're actually riding in a video. Learn the skills NOW and stay ahead! Repeated as session #454.

256 Fundamentals of CROSS CIRCUIT by Octane Fitness® WS

HEATHER BRUNK

CROSS CIRCUIT training is for trainers who are looking to offer an incredible cardiovascular and strength-training option for their clients. This session includes education on the benefits of cross-training and circuit training, and designing CROSS CIRCUIT workouts with special attention to client goals such as weight loss and toning, and more. Repeated as session #667.

TIME BLOCK F • 10:20AM-12 NOON
No CECs offered.

Opening Ceremonies

See details on page 3.

SESSION DESCRIPTIONS THURSDAY, AUGUST 8

TIME BLOCK G • 2:00-3:50PM

Up to 2 CEC hours

270 TRX®: Training for Youth ^{WS} **TRX®**

DAN McDONOGH

Learn how to employ TRX training principles using both the Suspension Trainer™ and Rip™ Trainer to increase the movement capabilities of young athletes. This session will focus on how to train the foundational movements that are the building blocks of athleticism, and apply a fun and challenging atmosphere.

271 Small-Group/Team Training—Introducing LES MILLS GRIT™ Series ^{WS}

JEREMIAH EVANS AND JOSEF MATHEWS

This session focuses on the latest high-intensity small-group team training (SGTT) programming in 30-minute formats. Participants can expect to receive the latest research on training for SGTT, and best practice around exercise/music selection, management and marketing of this type of programming. The session will include two 30-minute workouts. **Repeated as session #511.**

272 SPRI®: Ropes Gone Wild ^{WS} **SPRI®**

BRIAN NUNEZ

Join this high-intensity, full-body, zero-impact workout experience incorporating the Undulation Training System method. Develop core stabilization, authentic strength and metabolic endurance with this varied-intensity rope conditioning class. Learn basic to advanced rope moves sequenced in a progressive cardio > strength > power format to create the ultimate metabolic conditioning experience.

273 Athlete's Performance: Barefoot Training—Benefits, Pitfalls and Programming ^{WS}

MARK VERSTEGEN, MS

Mark will explore the history and evolution of the minimalist footwear we know today. He will explain the benefits to barefoot training, how to avoid the dangerous pitfalls, and how to bring it together with powerful programming that you will be able to implement with your existing philosophy and clients on Monday. This session will be a mix of presentation overview, combined with a "feet-on" training session, that will allow you to go through applying the concepts of First Feet.

274 Sport Conditioning GOES GROUP ^{WS}

PETER TWIST, MSc

Harness Group X's joy of movement—subtract the choreography, add athletic and functional actions, and watch your classes fill up. This highly interactive small-group training workshop covers logistics, flow, set up and cuing. See how you can inspire your clients/students to bring their best effort with drills that are sure to build a body that works! Embrace a culture that challenges all participants to push harder and experience a workout that exudes a sense of competitive play. Don't miss it!

275 Out With the Old and in With the Older! ^{WS}

LAWRENCE BISCONTINI, MA, AND
BERNADETTE O'BRIEN

Come and experience this theoretical and practical application of what it means to train seniors today. Teaching to this population—the "chronologically enriched"—involves a new mindset and a new toolbox for today's group and personal trainers. Lawrence and Bernadette will also share their practical stories of success and inspiration.

276 Gray Institute: Live Case Study—A Whole Approach to Assessment and Program Design ^{WS}

LENNY PARRACINO

Join us for an illuminating presentation on assessment and program design as we discuss a universal systems approach. You'll see how the assessment is done with a real client...and that client could be you! Then we'll discuss the WHYS of the applied strategy and explore questions that arise as we progress. Even though the process will be applied to one specific person, the strategies applied can be used as a powerful insight into your current model.

277 Total-Body Conditioning: Anatomy in Action ^{WS}

LESLEE BENDER

This dynamic session unleashes the power of your anatomy in three dimensions! Textbooks give you only one dimension from which to view the body. When you grasp the power and principles of gravity, you can understand the kinetic chain and how to functionally train the body for flexibility, strength and balance. This is not the anatomy you know, but modern, realistic and based on science. Come and see how the body works when all muscles are working synergistically!

278 The Perfect 10 ^{WS}

ABBIE APPEL

Learn logical sequences and perfect progressions to assist you in designing programs that develop muscular endurance, strength and power for a multilevel group. Utilize a weighted bar and stability ball together to experience integrated multiplanar movements that are not only fun, but challenging and functional. With these 10 staple movements, we can take our strength/conditioning classes to the next level by adding balance and load to stability ball movements with the weighted bar.

279 BOSU®: Crush It ^{WS}

AMY DIXON AND MINDY MYLREA

BOSU® Crush It is for you, your clients and your athletes, and it will test your strength, weaknesses and your limits! Compete against yourself and rate your athletic skill in the areas of balance, agility, core, cardio and strength. After each measurable challenge, learn drills to improve your athletic ability in that area of fitness. Learn how the challenges and drills can be integrated into goal-specific workouts for all fitness levels.



280 Indo-Row®: The Perfect Calorie Burn ^{WS}

JAY BLAHNIK AND JOSH CROSBY

Repeated as session #210 and #240. See page 26 for full description.

281 Hi-Step—Bi-Step ^{WS}

NEIL BATES

Say "Hi" and "Bi" as we travel around the step side by side! This session is the best fun you can have on two platforms! Get tips on how to easily create double-step choreography with endless adaptations. This workshop will focus on clear, concise cuing, how to set up the room for different step patterns and how to move around the steps with ease. See how you can make the most out of your existing choreography!

282 Body Force ^{WS}

MICHELLE FELZMANN

Body Force is designed to produce high-intensity training results with exercises that use only your body weight. The exercises are sequenced together to get your body to work as one unit through all planes of motion. Working through total-body exercises is the most efficient and effective way to train. Learn how to train hard with just your body!

283 Let the Music Move You! ^{WS}

FRED HOFFMAN, MEd

What is the one thing that always gets people moving? Great music! (Just think wedding reception!) This class brings familiar dance and low-impact moves to some of the best music ever. Even-paced, fun and lively, this creative cardio workout gives you lots of take-home and ready-to-use choreography. Come enjoy the music and get moving!

284 Why Your Personal Story Is Your Most Valuable Asset—Create Your Story! ^{WS}

BO EASON

Join our keynote speaker Bo Eason in this workshop that will teach you how to capture your personal story, how to embody your story, and how to create immediate intimacy and trust with your clients. Bo's coaching will accelerate your success as you refine your personal story and learn why your ultimate position of power is your unique voice, your originality, your story.

285 Training the Female Client ^{WS}

SHERRI McMILLAN, MSc

Sixty percent of clients who work with a personal trainer are women. Women typically hire a trainer because they want to lose weight, shape up and firm up without bulking up! An understanding of the biological differences between the genders and how that affects exercise programming, hormonal influences, and various stages of a woman's life, including pregnancy, postpartum and menopause, will allow a trainer to effectively address a woman's goals and provide life-changing results. This workshop is a must for ALL personal trainers who work with female clients.

286 Energy Defined: What Is It and How Much Do You Need? ^{WS}

ELLEN COLEMAN, MA, MPH, RD, AND KEITH B. WHEELER, PhD, FACS

Energy is a term that is often used to describe a particular attribute of certain foods and dietary products. However, this term is often misunderstood and misused. In this session, we will define energy and take a look at the types of foods that should be consumed to get the proper amount. More specifically, we'll discuss the best time to consume energy and how different types of energy impact one's ability to exercise.

287 Perform Better®: Blueprint for Success in the Fitness Industry ^{WS}

TODD DURKIN, MA

As the fitness industry evolves, there are several extremely important foundational principles and practices you need to know about. Todd will share his key business principles and systems, including client acquisition, client retention, creative revenue-generating ideas, grassroots marketing, social media, building world-class customer service and culture, and how to build a winning team. Get ready for some creative, out-of-the-box thinking, backed by years of proven results and experience.



288 ZEN-GA™: V2 Vinyasa on the V2

Max Plus™ Reformer, Level 1 ^{WS}

MERRITHEW HEALTH & FITNESS™ FACULTY

This new and innovative program, developed by the Merrithew Health & Fitness team, offers a unique application of the ZEN-GA mindful movement principles, resulting in an innovative fusion workout that focuses on clarity of the mind, core strength, stability and stamina. Working with the spring-loaded resistance of the reformer, and the new Vinyasa Triangle™, this exciting new program will train the neuromyofascial web to strengthen and bring more resiliency to the body.

MERRITHEW HEALTH & FITNESS™
STOTT PILATES® | MERRITHEW | CORE

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SESSION DESCRIPTIONS THURSDAY, AUGUST 8

289 Stability Barre™: Endurance With Music™ -60+ WS

MERRITHEW HEALTH & FITNESS™ FACULTY
Research shows that older adults can benefit by exercising with music, as it improves learning and memory, builds self-esteem, reduces stress, and increases social interaction. Build strength, and increase flexibility, balance and postural stability through an invigorating barre workout. Ideal for less mobile, active adult clients. Developed by the Merrithew Health & Fitness team, this workshop incorporates the appropriate biomechanical principles to help instructors cue, motivate and modify safely.

290 Yoga-Motion WS

KIMBERLY SPREEN-GLICK
Let go and break out of your traditional yoga routine! We'll find our yoga groove by integrating rhythmic movement within a vinyasa flow practice. Build both physical and mental endurance, reduce stress and create your very own movement signature as we mindfully experience a moving meditation set to music designed to lift and inspire.

291 The Three R's of Pilates: Read, Realign and Restore Healthy Movement WS

KATHRYN COYLE AND ZOËY TRAP, MSC
Guide your clients to healthier movement by learning to identify substitution patterns, inhibition, gripping, improper initiation and alignment issues. Learn strategies to restore alignment and improve ease of movement and efficiency. Please bring a towel to this session.

292 ICG®: Mountain Rider WS



TEAM ICG
Take on some of the most challenging mountain trails from all over the world. With Myride®, the world's best forward-motion cycling footage, and ICG's unique ability to apply off-road riding to indoor cycling, you'll be immersed in the off-road ride of your life. Experience off-road trails (fire road, single track and more) and off-road positions (waves, speed bumps and more) throughout the ride. Whether you're a mountain biker or a roadie looking for something new, this one's for you! Repeated as session #534.

293 Schwinn® Cycling: All the Right Cues WS

SHANNON FABLE
Great indoor cycling instructors have a stash of dead-on cues that engage, incite and surprise their classes. Come learn to create impactful cues and then experience their effects in a live workout. Go home with a list of the Schwinn master trainer's most powerful one-liners, and a CD with seven podcasts of Schwinn's top trainers curing their favorite rides to keep you inspired.

294 Keiser® M3: The Power Journey—Creating Power-Based Rides WS



KRISTA POPOWYCH
Training without a purpose can often dilute the effects of a ride and result in substandard outcomes. Power not only makes a cyclist's journey more interesting, it maximizes their riding potential. Experience the key components of power training and learn how to develop power zone profiles and power-based classes. Create purposeful rides that will truly enhance your students' cycling experience.

295 RealRyder® Indoor Cycling: Recycle... Class Planning in Minutes! WS

GAY GASPER
Planning your classes should be simple and fun. Learn how to create and recycle class profiles and grow a rich library of creative workouts to choose from each week. RealRyder's unique RydeProfile Class Planning Template shows you how to bring real road profiles inside the classroom while maximizing teaching options. Learn to shine as a strong teacher, and instruct a class that's uniquely YOU without hiding behind music and other props! Ryde Real! Repeated as session #704.

TIME BLOCK H • 4:40-6:10PM

Up to 1 CEC hour

300 TRX®: Training for Active Seniors WS



FRASER QUELCH
65 is the new 45! Older populations have never been more motivated to stay active and healthy than right now. Learn how to use the TRX Suspension Trainer™ to improve function and keep seniors pursuing the activities they love long into their golden years.

301 SPRI®: Step 360 Strength VIIT WS



ROBERT SHERMAN
Train the building blocks of strength and performance. Progressive phases of exercises and increasing intensity will move from foundation to performance. Then utilize metabolic conditioning cycles that incorporate an effective "3-2-1" format of energy system overload. Using the Step 360 balance trainer, learn how variable-intensity intervals using three planes of motion, six phases of conditioning and zero rest provides an integrated strength-training challenge. We'll also address stabilization and integration of total-body muscular strength and endurance to produce output and caloric consumption.

302 Submaximal Loaded Movement Training WS

MICHOŁ DALCOURT
Loaded, intermittent functional exercise is a critical aspect of training that is far too often overlooked or never truly appreciated. Speed, efficiency, positional strength and stability are all maximized with loaded movement training. In this workshop, learn the theory and applications of this critical form of athletic training. Get several examples of submaximal loaded movement drills and specific examples of how professional strength and conditioning coaches have used this training to elicit a higher level of athletic gain.

303 Rolling Ropes™: Unleash Your Movement Capabilities! WS

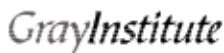
ARTHUR HSU
This unique workshop will teach you the principles and progressions, including the four fundamental patterns, for turning (rolling) the rope around your body without having to jump through it. The link between your hands and the rope is a constant feedback mechanism that allows you to enhance the fluid rhythmic movement of both sides of your body. Improve your coordination and agility by engaging bilateral balance, rhythm and timing drills in a workout that you can blend into any strength-training program.

304 NASM®: Real-World Dynamic Flexibility Progressions WS



ERIC BEARD, MS
Shouldn't everyone be able to perform dynamic flexibility techniques? Come learn how to get the most out of this dynamic form of flexibility by progressing through a functional continuum. We will also discuss high-risk dynamic flexibility techniques as well as perfect techniques to maximize client results.

305 Gray Institute: 3-D Performance Training WS



LENNY PARRACINO
Join the Gray Institute for an in-depth look at 3-D functional training for everyday life. From weekend warriors to professional athletes to soccer moms, you'll learn how to design comprehensive programs for performance and function for any level or need. By leveraging the principles and strategies of Applied Functional Science®, you'll walk away with an unlimited toolbox of techniques you can use to enhance your performance training programs.

306 Transformational Posture WS

LESLEE BENDER
Restoring a client's posture not only gives them the ability to move better, but reduces pain and increases athletic performance. These life-changing results have untold effects on their psyche. In this session, you will learn to conduct a basic postural evaluation, identify faulty movement patterns (from the ground up) and then learn how to develop the right strategies to help your clients move and feel better.

307 Power Trip WS

PAUL KATAMI
Discover your power potential...the power of strength-stillness-flexibility. Using only your body weight, a buddy and exercise tubing, experience a full-body workout that incorporates short-burst training, isometric stability training, dynamic flexibility and creative core work. Take away inventive new moves or whole blocks of exercises that are dynamic and exciting. Partner up with someone to Power Trip with and see how long you can go with these effective and fun intervals.

308 Vibram®: Meet the Feet WS

STACEY LEI KRAUSS
With 33 joints and 28 bones, the foot is the most complex biomechanical structure in the body. We'll explore the basic anatomy of the foot and lower leg, and apply what we learn to movement so that you will be a more confident foot-fitness practitioner. This easy-to-digest class prepares fitness pros to integrate foot fitness into current programming. Experiment with some of your favorite resistance and cardio exercises, and leave with a new ready-to-use methodology.

309 Step Party! WS

ROB GLICK
This step class is designed with fun in mind. Whether you teach step and want new ideas, or you're an avid step lover and just want to have an enjoyable great workout...this session is for you!

310 HIIT the Floor WS

EVE FLECK, MS
See how much sweat you can drop in this high-intensity interval class. There's no equipment in sight! It's just you and the floor. Eve will introduce modifications so you can accommodate all fitness levels in your classes at home.

311 Flirty Girl Fitness: The Teaser WS

JENNIFER HALL AND MINDY MYLREA
You watch MTV and VH1. You'll love the moves, the music and the magic of this dance style. This fun dance program is everything you want and more. Our popular, easy-to-learn dance moves provide the perfect combination of cardio and strength training. You'll feel like you're part of a music video rather than in a cardio-crazy, core-chiseling, booty-toning, arm-sculpting workout class.

312 C.H.E.K. Institute®: To Work Out or Not to Work Out—That Is the Question! L

DAN HELLMAN, PT
When your client arrives for a session already exhausted from the day, should you be working him out or giving him a day off? Learn why it is critical to evaluate your client's readiness for exercise. We'll explore the effects of stress and exercise on the autonomic nervous system (ANS) and how stress affects people differently. You'll learn how to select exercise methods that will balance the ANS and help your clients get the most out of their time spent exercising.

313 Healthy Aging Survival Kit L

TERRY ECKMANN, PhD
Embrace the many demands of a fitness professional with a perspective that can enhance your professional and personal life! Survive ups and downs with tools and strategies that can help make a positive difference in your life's journey. This is a humorous and thoughtful presentation based on good health and happiness research.

314 Food as Fuel! ^{WS}

SARAH MIRKIN, RD

As a personal trainer it is likely you lead a very active life. To keep your energy at its peak you need to fuel your body properly. In this session, we'll discuss how to fuel your body so that your energy is even and consistent throughout the day, as well as practical tips for when you are on the go. We will also talk about eating to maximize your workouts, timing of meals and snacks, and what and when to eat after a workout so you feel and look your best.

315 Epic IDEA FitnessConnect Insider Tips ^{WS}

MIKE BANNAN

It's time to let our programmers out of the IDEA labs again to share hidden features and the secrets of the most successful IDEA FitnessConnect profiles! In this session, you will learn about 23 factors affecting your search-results rank, discover three hidden features that will help your business, and get started with the new Client Challenges tool designed to help your clients reach their goals and help you increase your client base.

316 STOTT PILATES®:

Athletic Conditioning 3

on the Reformer ^{WS}

MERRITHEW HEALTH & FITNESS™ FACULTY

This high-level workshop, developed by the Merrithew Health & Fitness team, is an intense athletic-based program. Discover how the reformer can function like a traditional fitness tool as opposed to strictly facilitating Pilates moves. The reformer box is featured to assist exercises that reflect sport-specific drills from football, track, swimming, gymnastics, rowing, etc. This programming is perfect for very fit and accomplished sports enthusiasts.

317 Pilates PNF Fusion ^{WS}

YOAV AVIDAR

During this session, we'll merge PNF stretching exercises into the Pilates mat repertoire. This body and mind journey will go through strength, mobility, core control, rhythm and more. Come experience one of the most effective stretching techniques coupled with one of today's most popular training program, Pilates mat work.

318 Pilates Mini Ball for Core Stability and Flexibility ^{WS}

CHRISTINE ROMANI-RUBY, MPT

This workshop provides an endless list of exercises and ideas to add core training and flexibility exercises to your Pilates mat class or personal training session. This small inexpensive tool can provide a useful prop that your clients can even pack on vacation. Add interest, challenge and excitement with these new moves!

319 Yoga Sculpt ^{WS}

KATHRYN COYLE AND ZOEY TRAP, MSC

Strength is empowering. Sculpt your practice, not just your body, as you deconstruct and reconstruct the ins and outs of a vinyasa practice. Activate new awareness of alignment while building muscular strength and endurance. Experience a different take on a mind-body classic that fuses yoga asanas, fitness and function with yoga philosophy. Help your students take flight and grow in mind, body and spirit.

320 ICG®: World

Cycling Tour

Challenge/Expedition ^{WS}

TEAM ICG

Cycle around the world in one session with Team ICG using our World Tour Challenge and Expedition videos. These uncut videos showcase the countless ways that forward-motion video can impact your class and your students' experience. Follow just one road, or ride the best roads from beautiful world destinations with Myride®+. New technology creates a ride you'll never forget. You've never experienced indoor cycling like this. It's total immersion at its best! Repeated as session #624.

INDOOR CYCLING GROUP

321 Schwinn® Cycling: The X Factor ^{WS}

JAY BLAHNIK

Everyone knows a great cycling instructor should be well trained, motivating, inspiring and a dynamic coach. What are those characteristics that are harder to define that set the exceptional instructors apart from all the rest? Come learn what some of the important eXtras are that can take your coaching to the next level, and how to perfect these skills in your own classes. Be inspired and amplify the X Factor in your teaching and your classes!

322 Keiser® M3: Lights, Camera, Cycle! ^{WS}

BUDDY MACUHA

See your indoor cycling class like an action-packed movie! You'll learn new ways to say your "lines," improve your timing, find your motivation and see your audience better. Move beyond seated and standing drills by adding color, excitement and stage presence to your classes! You'll leave your audiences wanting more and the critics begging for a sequel!

KEISER
THE POWER IN HUMAN PERFORMANCE

**BE:
INspired
PARTY**

**THURSDAY, AUGUST 8
7:30PM**

**Wear RED, enjoy dinner, dance
the night away and celebrate!**

FRIDAY, AUGUST 9

TIME BLOCK J • 7:00-7:45AM

Workouts do NOT qualify for CECs

400 TRX®: Circuit Training ^{WO}

FRASER QUELCH

Individualized training in a motivating group exercise environment! This group strength workout uses timed sets and a grueling boot camp format to give participants an all-body burn in record time. Use nothing but your participants' body weight and the TRX to bring a completely new element to your group program and light up your studio like never before.

TRX®

401 Group Rx: RIP™ ^{WO}

GROUP RX FACULTY

Repeated as session #202. See page 26 for full description.

402 SPRI®: Step 360 Cardio

VIIT ^{WO}

PATRICK GOUDEAU

Experience cardio conditioning that has it all. Progressive phases of exercises and increasing demands of intensity will move from foundation to performance. Then, utilize metabolic conditioning cycles that incorporate an effective "3-2-1" format of energy system overload. Using the Step 360 balance trainer, learn how variable-intensity intervals using three planes of motion, six phases of conditioning and zero rest provides an integrated cardiovascular challenge. This workout pushes caloric consumption while developing dynamic stabilization, athletic performance and explosive power.

403 LeBARRE by Lebert Fitness ^{WO}

JENNIFER HALL

Taking the hottest trend in dance-inspired conditioning and using a "make-sense progression" to create a format suitable for every level of exerciser, LeBARRE is a session like no other! Using the portable Lebert Equalizer™, this session combines balance, agility, resistance, working recovery and eloquence into a challenging full-body workout. Use the exercises alone or in the unique sequencing patterns provided to create an entire LeBARRE program! No dance experience or pink tights required!

LEBERT
FITNESS

404 Equipped Circuits ^{WO}

MICHELLE FELZMANN

You have the space. You have the equipment! Now what? Get creative and experience smooth transitioning from exercise to exercise. Walk away with some great ideas on how to piece together different pieces of equipment to create intense, effective circuits.

405 MELT®: Self-Treatment ^{WO}

SUE HITZMANN, MS

MELT aches and pain away by addressing stuck stress caused by the repetition of daily living. Learn how to identify common areas of stuck stress and imbalance in your body's autopilot. By using the 4R's of MELT, you will be guided through a Hands-Off Bodywork® experience that will help you rebalance autonomic regulation, rehydrate the connective tissue system, restore joint space and integrity, and yield immediate, lasting results.

406 Cardio*Combat*Core*Strength ^{WO}

JEFFREY McMULLEN

Join us for a fun fusion of cardio kickboxing, body weight-based strength conditioning and standing core workout without even sitting down. Kick, punch, plank, push and lift your body in endless combinations, sequences, directions and planes that will leave your head spinning with endless possibilities and ideas to take home and utilize for any level fitness class. Raise the bar and leave your clients and students clamoring for more, more, more!

407 HIIT Me With Your Best Shot! ^{WO} ★

CHALENE JOHNSON

Who says you have to jump to do high-interval training? Burn up the Showcase Room floor without the jarring effects of jumping. Experience a plyometric, explosive, high-intensity interval training class with a twist! Participate in this calorie-crushing, 50-minute, low-impact, high-intensity interval experience that uses kickboxing, athletic moves and core-focused drills that are perfectly timed and set to custom music!

408 Reebok Fitness Fusion ^{WO}

JESSICA EXPOSITO

Repeated as session #208. See page 26 for full description.

SPRI®

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REGISTER NOW! CLICK OR TAP HERE.

www.ideafit.com/world

SESSION DESCRIPTIONS FRIDAY, AUGUST 9

409 Booty Camp—The Best Bun and Leg Training on the Planet ^{WO}

MINDY MYLREA

You have heard of boot camp, but have you ever heard of “booty camp” for buns and legs? Take your below-the-belt classes to camp with this whole new approach to buns and leg training... circuit style! Four stations of unilateral stabilization exercises, coupled with barre-based, gliding, tubing, traveling body weight training and so much more. You will experience the best lower-body station ideas on the planet for a lower-body challenge that is booty crazy.

410 Masala Bhangra® Presents Bollywood Step ^{WO}

SARINA JAIN

International fitness star Sarina Jain takes you back to the day with the repeaters, around the worlds, and turn steps with Bollywood Step. Bringing it back to the basics, come experience moves you already know with an Indian twist!

411 U-Jam LIVE! ^{WO}

SUSY CABARLOC-MARKS

Combining athletic moves, cardiovascular training and toning to give you a full-body workout experience, join U-Jam Fitness founder, creative director and master choreographer Susy C for an energetic workout, driven by world beats with an urban flavor. Susy will offer dance moves that are funky and easy to follow, but will have you working up a sweat and burnin’ up the calories!

412 Partner Playground ^{WO}

TAHNEETRA CROSBY AND ALEX McLEAN

Do you remember what it was like to be on the playground at recess? You were playing games with friends and getting exercise while having fun! Let Partner Playground take you back in time with games such as tag, duck duck goose and hopscotch while incorporating unique partner strength exercises. This class will give you a combination of strength, cardio, balance and core with a twist. Get fresh ideas for your classes with this interactive return to the playground.

413 STOTT PILATES®: Jumpboard Strength and Conditioning ^{WO}

MERRITHEW HEALTH & FITNESS®
STOTT PILATES® an iDance company

MERRITHEW HEALTH & FITNESS™ FACULTY

Learn programming to improve the strength and stability of hip, knee and ankle joints in both supine and standing positions in this workshop developed by the Merrithew Health & Fitness™ team. The use of a jumpboard with the reformer allows the hip joint to be closer to an anatomically neutral alignment when transferring forces from the soles of the feet up through the body, promoting good biomechanics of the entire lower kinetic chain. Increased spring resistance emphasizes strengthening of the arms, shoulder girdle and legs. Repeated as session #528.

414 Spiral-Driven Core Training for Pilates ^{WO}

MARSHALL EKLUND, MA

After the mastery of uniplanar training, it's time to integrate rotational and spiral-driven movement. Both standing and floor positions will be combined to create unique forces, challenges and demands on the body. In addition, light weights will be incorporated for specially designed power movements.

415 Dancing the Language of Energy ^{WO}

CARRIE EKINS, MA, AND ZOEY TRAP, MSc

Explore energy and emotion through mind-body-spirit practices and dance. Emotion is energy, and energy is vibration that links us more deeply to our intuitive self, to one another, and to the universe. Teach your body to speak the language of energy and express your feelings through the use of music, sound and movement.

416 Chi-Lates ^{WO}

LAWRENCE BISCONTINI, MA

Unlock the chi potential of your body with floor-based Pilates moves that are fused with standing tai chi movements for an undulating experience in functional training. Gain muscular strength, flexibility, balance and gait improvement with the fusion of ancient Eastern and new Western exercises. Music especially created for this class changes from Western to Chinese in 5-minute segments. Please bring a yoga mat to this session.

417 Chakra Salutations ^{WS}

MARLA ERICKSEN

The chakras are a vital part of our subtle anatomy; they are the energetic interface between the physical world and the mental world. This class draws from the powerful practices of asana salutations, affirmations and bija chants. The movement flows you will experience in this class are vinyasa-style salutations dedicated to the awakening and alignment of each chakra. If you want to experience momentary peace in the highly charged atmosphere of the conference, then you won't want to miss this amazing opportunity!

418 Schwinn® Cycling: Rise and Ride! ^{WO}

ROB GLICK

Repeated as session #219. See page 26 for full description.

419 Keiser® M3: The Competitive Team Ride—Indoor Team Training ^{WO}

KEISER
THE POWER IN HUMAN PERFORMANCE

KRISTA POPOWYCH

This workout is loaded with team training techniques taken straight off the road! With a stronger understanding of team dynamics and how-to application of cycling elements such as drafting, time trialing, pace lines and more, this fun workout will connect your cycling experience to the world of outdoor riding. Ramp up your participants' competitive edge by taking their indoor ride to a whole new level.

420 RealRyder® Indoor Cycling: Burn Your Last Match ^{WO}

DOUGLAS BROOKS, MS, AND ADAM REID

Anaerobic interval training is an effective way to help your riders blast through fitness plateaus, build power and speed, and torch calories. Learn appropriate coaching, recovery time and cues to keep your interval training programs scientifically smart, fun and injury free. Leverage the dynamic turning and banking movements, exclusive to the RealRyder Indoor Cycle, and walk away with three distinct interval profiles that you can teach the very next day! Repeated as session #486.

421 MALLA® Fitness ^{WO}

CLAIRE WRIGHT

Repeated as session #222. See page 27 for full description.

422 CardioBOUNCE™ ^{WO}

AARON SCHELLER

Repeated as session #223. See page 27 for full description.

423 Krank Boot Camp™ ^{WO}

KRANKCYCLE® FACULTY

Repeated as session #218. See page 26 for full description.

KRANKcycle
MATRIX

TIME BLOCK K • 8:10-10:00AM

Up to 2 CEC hours

430 TRX®: Body Blast ^{WS}

DAN McDONOGH

This empowering group strength workout set to music will hit your entire body and switch on your core like nothing you've ever encountered. The heart of the workout includes demanding exercises for lower- and upper-body strength and some additional moves that specifically target the core. This dynamic and high-energy class is characterized by fun and smooth transitions using exercises that can be adapted to challenge every participant.

TRX®

431 MMA Warrior Workout ^{WS}

HEATHER COYLE AND KEVIN KEARNS

Most people believe that MMA training is all about hitting. Wrong! Participants in this energetic and hands-on workshop will learn the basic body weight moves that are unique to MMA fitness, and will walk away with tools for their classes and clients. Experience a workout where you will perform MMA fight moves without contact while gaining the benefits that are derived from functional strength and interval training modalities.

432 SPRI®: Ignite Performance Training ^{WS}

BRIAN NUNEZ

Train your athletes and clients with this proven methodology, born and developed at IMG Academy, and utilized by the best athletes, coaches and trainers around the world. This workshop utilizes a customizable, integrated approach to performance training that incorporates balance, movement and strength. Making all athletes better requires professional trainers and instructors to understand assessment, evaluation and programming for achieving their goals and objectives.

SPRI®

433 Triple-Action Abs ^{WS}

ABBIE APPEL

Using a small ball, body weight and a stability ball, you'll experience a workout that progresses from activation to integration to reaction. Learn how to lead a core-focused workout that is divided evenly into three 20-minute segments (with three unique focuses). You'll have fun adapting these movements for enhanced challenge, balance and strength.

434 The Ultimate Portable PT Playground ^{WS}

KEN BALDWIN

This is your call to action! Your clients need variety and challenges that give intense workouts and are packed with fun. In this boot camp-style circuit workout, join Ken as he utilizes some of the most popular portable training tools, like BOSU®, medicine balls, slingshots and gliding discs, with some great new exercises. Be ready to be challenged and inspired.

435 Body Weight Foundations by Lebert Fitness ^{WS}

MARC LEBERT

When it comes to athletic conditioning, most coaches would agree that the athlete should master body weight training before external loading. The key to functional fitness and athletic development can be achieved through building a solid foundation of coordination, strength, power, balance, multidirectional speed and agility, and aerobic and anaerobic conditioning. This session features the Lebert Equalizer™ and Buddy System™.

LEBERT
FITNESS

436 TPPT: Foot and Lower-Leg Myofascial Matrix ^{WS}

CASSIDY PHILLIPS

Building a better base and a solid platform for human movement is paramount to achieving higher levels of performance. In this session, we will discuss the suspension of the lower leg and how myofascial compression techniques can be used so optimal movement of the foot and lower leg can occur. Addressing the defined myofascial matrix will allow you to free the foot for proper muscle activation and allow the optimization of total-body movement to improve speed, agility and quickness.

TRIGGERPOINT
PERFORMANCE THERAPY

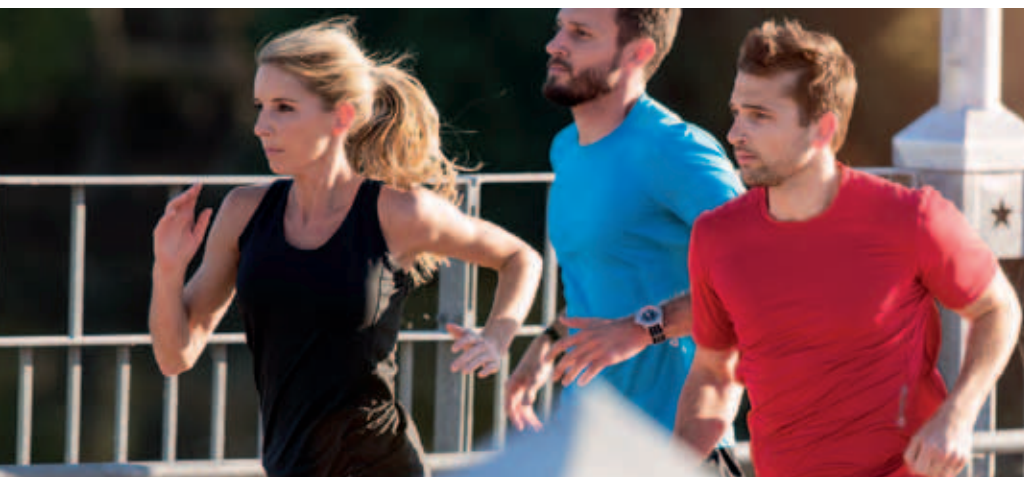
437 Training and Injury Prevention: Shoulder and Spine ^{WS}

MICHEL DALCOURT

The shoulder and spine are inseparable. What affects one will surely affect the other. In everything that we do, the shoulders and spine have a significant role. Only recently has a new understanding emerged regarding these two important areas of the body. Michel will take you through the newest research in this fundamental and practical workshop. Do you ever wonder why individuals have so many back and shoulder injuries? This interactive workshop will elucidate the reasons why.



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Reebok

LIVE WITH FIRE

Visit Reebok.com for the latest footwear and apparel products. Please be sure to visit the Reebok Booth at the Convention.

What if you could change people's lives in a profound way?

Such as helping someone build the mobility and strength they thought they'd never have again? Or helping an athlete get back in the game faster and without injury? As leaders in Pilates and other forms of mindful exercise, we understand that fitness and exercise science never stops evolving—and neither do we. Move beyond the traditional and discover the exercise philosophy that defies age, stage or ability.

Let's change lives together.

Join the Mindful Movement.™



STOTT PILATES®
zenoga CORE™

SESSION DESCRIPTIONS FRIDAY, AUGUST 9

438 Four Top Guns Meet Four Top Chicks—A Match Made in Fitness Heaven!

DOUGLAS BROOKS, MS, AMY DIXON, TODD DURKIN, MA, SHANNON FABLE, SHERRI McMILLAN, MSc, FRASER QUELCH, KELI ROBERTS, AND PETER TWIST, MSc

For the first time ever, four top male and female conditioning coaches join forces to bring you an unforgettable experience in the IDEA World Showcase Room! Join this elite team as they coach you through a custom workout that gives new meaning to the words teamwork and collaboration. You will benefit from the fusion of eight individual approaches to training and learn new strategies and techniques for dynamic warm-ups, balance, multi-joint strength, core, agility, energetics and cool-down/mobility. Most importantly, you will leave fired up and inspired by these industry powerhouses!

439 Extreme Makeover 2013

ROB GLICK

Is it time to make over your conditioning class? To update it? In this workshop, we will look at how to take tried-and-true, crowd-pleasing conditioning exercises and update them to be relevant with our current knowledge of resistance training. If you are ready to make over your class and leave with lots of new ideas, then this is the session for you!

440 ShockWave Circuit: The Most Efficient Total-Body Workout in the World!

JAY BLAHNIK, JOSH CROSBY, PAUL KATAMI, ANGELA LEIGH, JEFFREY SCOTT AND DORIS THEWS

Don't miss your chance to learn how to teach the ULTIMATE group fitness workout. Build community, interaction, competition, retention and adherence. ShockWave Circuit is easy to teach, simple to do, but MIND-BLOWINGLY unique in the way it brings out the athlete and competitive spirit in every client in every workout. Take home ideas that can be executed with minimal equipment and be done indoors, outdoors, in the park or on the basketball court! Bring your attitude and be prepared to sweat! Repeated as session #469.

441 Two Men and a Step

YOAV AVIDAR AND LUCIANO MOTTOLA

In this story, the leading roll belongs to one of the longest-running fitness trends: the Step! The supporting actors are two world-renowned presenters, both coming from countries that are known for their passion to movement: Italy and Israel. Join Luciano and Yoav for this step choreography booster, taught with cutting-edge teaching techniques that will be the talk of the convention and your inspiration until IDEA 2014!

442 Barre Burn. 3-D Core.

GAY GASPER AND LINDA LARUE, RN

Welcome to the next evolution of barre resistance work using the super-long core transformer barre band with foot straps. You'll learn the principles of three-dimensional core body training, and get two formatted 60-minute barre band routines loaded with plenty of modifications. This workout elegantly fuses barre with elements of yoga, Pilates, dance, ballet and athletic performance. The easy-to-follow movement progression sequences will allow you to begin teaching classes immediately.

443 Dance It Out®

BILLY BLANKS, JR. AND SHARON CATHERINE BLANKS

Learn how to bridge the gap between real dance and traditional fitness with world-renowned choreographers and fitness celebrities Billy Blanks, Jr. and Sharon Catherine Blanks. The Blanks will teach you unique choreography and building methods, as well as student unification techniques. With 20-plus styles of dance, you'll learn how to work different parts of the body. This workshop will combine lecture and practical skills that will take your dance education to a whole new level.

444 Tackling Whole Grains and Leafy Greens

LOURDES CASTRO, MS, RD

You've heard you should include more whole grains and leafy greens into your diet. Come and learn why these foods are gaining such popularity. Discover unique and flavor-packed ways to add them to your diet. Step-by-step cooking demonstrations will show you just how easy and delicious it is to amp up your diet with these nutritious ingredients.

445 Customer Service Success—Making Members Feel Special

PATRICIA KIRK, MS

Excellent service is all about making your members/clients feel special. It starts with making employees feel special and training them well. In this presentation, we will focus on the five key behaviors that ensure superior customer service, how to turn customer complaints into opportunities, the secret to optimal customer service training, and much more. Managers will walk away with useful tools that will help to get your staff on board with your brand and feeling pride in their work.

446 Sticking to a Healthy Nondiet!

SARAH MIRKIN, RD

Diets don't work! If they did, 65% of the U.S. population wouldn't be overweight or obese. In this session, we'll discuss a realistic nondiet approach to achieve and/or maintain a healthy weight through permanent lifestyle changes. Explore a practical model for smart eating, simple meal planning and snack ideas for everyday living. Healthy dining out, the importance of planning ahead, smart shopping tips and behavior modification will also be discussed. These tools will spell success for you and your clients.

447 The Eight Essential Daily Habits of Happiness

WILL MARRÉ

The science of happiness has finally unlocked the recipe for absolute well-being. You will learn how the demands of modern work and life forcefully push us into relentless stress. In this session, you will learn about the eight daily habits of happiness and the five invisible assassins of happiness. Walk away with a proven system you can integrate NOW, and be on the road to a fulfilling life.

448 Group Training Programs That Profit

MAUREEN HAGAN, PT

For program directors and fitness managers, this session will highlight the latest programming trends and show how fitness clubs and personal training studios can leverage these trends and profit from them. If you are responsible for driving bottom-line revenues through group exercise and small-group training, you won't want to miss this session. Personal trainers looking to diversify their business and group exercise instructors interested in extending their careers are also encouraged to attend this session.

449 STOTT PILATES®: Matwork™ Flow With Weights

MERRITHEW HEALTH & FITNESS™ FACULTY

This is another mat workout in the series of flowing sequences, developed by the Merrithew Health and Fitness team, that promotes breath to enhance the quality of movement, energizing the body and calming the mind. Small handheld weights are incorporated into this challenging, flowing series creating a greater awareness of the periphery, while the essential breath patterns maintain mindfulness of the quality of movement.

450 Sword TIME With JUNGSHIN® Fitness

ANNIKA KAHN, MA

Moving through all planes of motion is critical to maintain healthy joints, muscular integrity and the functionality of fitness. JUNGSHIN Fitness offers a cutting-edge workout using long and short practice swords to give you a dynamically fun workout enhancing balance, precision and power. We will learn how the endocrine system is vital to movement, what the body's electromagnetic frequencies have to do with health, and how to sweat in style.

451 The Gluteals and Their Link to Low-Back Pain

CHRISTINE ROMANI-RUBY, MPT

Over 95% of adults will experience low-back pain at some time in their life. For many, the length and strength of the gluteal musculature can be a contributing factor and the reason that the back pain persists. In this workshop, we will identify shortness and weakness through Pilates movements and then use those movements to build muscle balance.

452 Meditation for Physical Mastery

MARLA ERICKSEN

The power of presence and abiding mindfulness can enhance the wisdom that can be accessed through our bodies. In this session, we'll explore and experience simple techniques that can help your clients enter "the zone" or a "peak state of consciousness" in every workout, athletic pursuit or casual physical activity. Enhanced kinesthetic awareness, increased fitness response and heightened physical performance are just a few of the advantages you will gain by cultivating mindfulness and accessing embodied wisdom.

453 ZEN-GA™: V2 Vinyasa on the V2

 MERRITHEW HEALTH & FITNESS™
STOTT PILATES®  

Max Plus™ Reformer, Level 2

MERRITHEW HEALTH & FITNESS™ FACULTY

Building upon positions in ZEN-GA V2 Vinyasa, Level 1, this Level 2 program increases the demands on the neuromyofascial web, improving strength and stamina. Developed by the Merrithew Health & Fitness team, this program incorporates the ZEN-GA mindful movement principles into this unique routine, focusing on fluidity and stability of the joints, and clarity of the mind. Coordination and strength are challenged with longer static holds against the reformer's spring resistance, resulting in overall improved fitness.

454 ICG®: Ride Around the World

 INDOOR CYCLING
GROUP

TEAM ICG

Repeated as session #255. See page 28 for full description.

455 Schwinn® Cycling: Music to the Max!

JULZ ARNEY

This workshop will sharpen your skills in music selection and music mapping, showing you exactly what to look for in an indoor cycling song and how to break down and deliver that song for maximum impact. We'll map 10 songs together, then experience their energy stacked back to back in a ride. As a parting gift, you'll take home a list of 100 songs (yes, 100 songs!) from Schwinn's master trainer team, mapped and ready to use.

TIME BLOCK L • 10:20AM-12:10PM
Up to 2 CEC hours

460 TRX®: Advanced Suspension Training®

FRASER QUELCH

This is the cutting edge of Suspension Training! Learn the next level of new and demanding exercises and sequences put together in a challenging workout. This is a session you will not soon forget and one that your clients will love to hate you for.

TRX®

461 PLAY! The Childhood Obesity Solution

BRETT KLIKA

Kids don't know how to play anymore! This out-of-the-box workshop discusses and demonstrates how to facilitate imaginative play in conjunction with fitness programming for youth. Learn the 10 essential components of a youth fitness program and how to apply them in a fun, imagination-infused environment. Add 20 new exercises to your teaching toolbox and learn how to apply them in a creative "adventure" format for youth. Together we can significantly reduce the rate of childhood obesity in America.

SESSION DESCRIPTIONS FRIDAY, AUGUST 9

462 The 30 Essential Exercises ^{WS}

ROBERT SHERMAN

Learn the 30 essential exercises to create endless class and teaching options. These specific movements are the root of all strength and core patterns. Experience the secret to creating the corrective progression to programming and you will have over 100 exercises to choose from immediately.

463 Surge Reactive Resistance Training ^{WS}

CASEY STUTZMAN AND
PETER TWIST, MSc



From the people that brought you BOSU®, meet "Surge," a tool integrating instability into strength training. Surge harnesses fluid dynamics to produce continuous shifts in fluid position and flow rate to define top-down unstable strength training. Combining water motion with the loading of muscle improves motor control patterns by imposing reactive resistance training. From deep-core musculature out to limb periphery, Surge rapidly builds strength, preventing injuries and producing a body suited for work or play.

464 Enhance Your Athletic Potential ^{WS}

ARTHUR HSU

Sport is demanding physically, mentally and emotionally. Athletes need to have a combination of strength, endurance, mobility, coordination, flexibility, power and balance. Using the Indo Board and other fitness tools, this workshop will address these vital elements of performance and will improve your ability to multitask and simultaneously control movement from the feet and hands. The techniques learned in this session are sure to help you deliver topnotch skills and drills that will have your athletic clients singing your praises.

465 Saving the Spaces ^{WS}

SUE HITZMANN, MS

The two primary spaces, the neck and low back, are constantly compromised, whether you are active or sit most of the day. The result is spinal compression, misalignment and damage. You can restore the integrity of these spaces and eliminate the stuck stress that causes chronic inflammation and pain with MELT®. Learn how to add Hands-Off Bodywork® to prepare you for exercise, improve your performance, and keep you out of the chronic pain cycle.

466 The Ultimate Anti-Aging Workout ^{WS}

MAUREEN HAGAN, PT

Discover how to integrate weight-bearing aerobic movement patterns with functional strength movement patterns to create a total-body conditioning class that helps active Boomers defy the aging process by strengthening heart and muscles, boosting metabolism, building bone density, enhancing mind-body connection and much more. Maureen will present and integrate seven unique training methods and a proven teaching approach that will assist new and experienced instructors in learning and delivering this training concept in a 60-minute class format.

467 Club Spotlight:

24 Hour Fitness Presents

Les Mills BODYCOMBAT®—The World of Mixed Martial Arts ^{WS} ★



JOSEF MATHEWS, JERICHO McDUFFIE AND
INGRID OWEN

Leading fitness industry players 24 Hour Fitness, Les Mills and Beachbody collaborate to bring you an IDEA World Showcase Room session. Come experience the original club martial arts program Les Mills BODYCOMBAT®, the heart-pumping workout with a dynamic mixture of resistance and aerobic training, featuring the latest trends in mixed martial arts and the inspiration for Beachbody's at home workout Les Mills COMBAT®. Learn powerful moves from Boxing, Kickboxing/Muay Thai, Taekwondo, Capoeira, Karate and Jiu-Jitsu. Come experience this fitness fight in the IDEA World Showcase Room with rock concert sound, lights, screens, stage and massive energy.

468 Drums Alive®: Street Beats ^{WS}

CARRIE EKINS, MA

Drums Alive: Street Beats is an urbanized dance and drum celebration that delivers excitement for a new generation. A high-octane workout designed to burn calories, tone the body and stimulate the brain, Street Beats brings the rhythms and moves from the street creating a new dance experience. If you want a fresh approach to fitness, this program is your answer. Street Beats will add a new dimension of fun to your workout and will keep clients coming back for more!

469 ShockWave Circuit: The Most Efficient Total-Body Workout in the World! ^{WS}

JULZ ARNEY, JAY BLAHNIK, JOSH CROSBY,
KELI ROBERTS AND DORIS THEWS

Repeated as session #440. See page 35 for full description.

470 Technogym®: Transformational Group Training Strategies and Tools ^{WS}

HAYLEY HOLLANDER

Group training is one of the most engaging, transformational and financially rewarding services that any facility or fitness professional can offer their members and clients. Learn how to truly personalize your group training experiences to maximize client enjoyment, engagement and adherence. Using PTA Global's proven group training methods and Technogym's functional training products to enhance the training environment, you will immediately begin to transform your group training experiences and discover a brilliantly orchestrated way to unlock its fullest potential. Repeated as session #520.

471 Smart Step ^{WS}

EVE FLECK, MS

Are you ready for a tough step workout that's fun, too? This workshop introduces choreography that keeps the workout in mind! Eve will show you how to break down choreography without stopping for breaks. A step class that you can use at home... now that's smart!

472 Warrior Workout ^{WS}

KIMBERLY SPREEN-GLICK

Be inspired to unleash the fierce yet graceful warrior inside you! Learn how to create sequences that incorporate traditional yoga and martial arts. You'll experience a heart-pumping, high-energy kickboxing routine followed by a vinyasa yoga sequence designed to improve muscular endurance, balance and flexibility while centering your mind with focus on your breath. Challenge yourself from start to finish, and get ready to experience the Warrior Workout!

473 PILOXING®: Round 2! ^{WO}

VIVECA JENSEN

PILOXING is a nonstop, interval fusion of standing Pilates, boxing and dance that will push you past your limits. PILOXING incorporates cutting-edge research and fitness techniques to burn maximum calories, build lean muscles and increase stamina. This session includes a full-length workout with brand-new Round 2 choreography and an overview of the methodology and signature PILOXING moves that make the blend of these disciplines such an effective workout.

474 Perfecting Performance Fueling—Pre- and Post-Workout ^{CO}

TERI GENTES

In this session, Teri shows you how to optimize pre- and post-fitness fueling with delicious food that replenishes, repairs and rebuilds muscle mass and increases bone strength. She'll discuss preferred products and supplements, demonstrating practical preparation of simple and sensational recipes ideal for fitness professionals, athletes and all health advocates. Tasting samples will be provided.

475 10 Principles for Success and Happiness ^L

SKIP JENNINGS

This workshop will help you understand that the greatest gift to you is you. The answers you seek lie within yourself, and by learning these 10 simple principles, you will unlock the secret to your success. This program also explores 12 universal laws to help you find the power that lives within you.

476 Your Brain on Exercise: From Research to Practice ^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 enhance cognition and facilitate learning. Explore the anatomy and physiology of the brain on exercise and learn the key brain-healthy choices that can enhance brain performance. Participate in brain energizers great for all ages and stages of life.

477 Chakra Nutrition ^L 🌸

TERI MOSEY, PhD

The way we approach food and eating is to some degree a representation of how we approach life. Foods have specific energy vibrations that interact with our entire being and are personified by our energy centers or chakras. Learn how food characteristics impact our chakras, interpret the true meaning behind food cravings, and discover how to use food to harmonize your mind, body and soul.

478 The Power of Small—Why Small Is the New BIG! ^L

BRENT GALLAGHER, MSS

Have you hit a ceiling in your business? Brent will share the lessons he has learned that have enabled him to build a seven-figure business in just six short years. He will walk you through the daily steps you can begin to take today to unlock your full potential. The principles you will learn in this session will challenge your current business-as-usual mentality by reinventing the rules of success through practical steps you can apply right away.

479 STOTT PILATES®: Reformer With Fitness Circle® ^{WS}

MERRITHEW HEALTH & FITNESS™
STOTT PILATES® reformer circle

MERRITHEW HEALTH & FITNESS™ FACULTY

In this workshop, developed by the Merrithew Health and Fitness team, learn how the Fitness Circle can bring variety and challenge into group or private reformer settings. Add more challenge to adductors and abductors of the peripheral limbs as well as assist in activating the core. The resistance ring reinforces correct muscle firing patterns and helps ensure correct positioning while adding an element of fun and variety to each workout.

480 Pilates 50/50 ^{WS}

LINDA FREEMAN-WEBSTER

Pilates 50/50 is a class consisting of half standing Pilates work that integrates Pilates principles with lower-body work; and half Pilates mat work to strengthen the core with complementary exercises. Learn how to create your own standing work by discovering the four base movements, intensifiers and mood-makers as well as effective cuing techniques. This class is a booty-lifting, ab-sculpting class that will top the list at your club!

481 Pilates for the Overweight ^{WS}

ZOEY TRAP, MSc

Learn essential factors in adapting Pilates for larger clients. Many overweight people have tried personal trainers, gyms and running, and found these routines just too hard to stick with long term. Discover how to manipulate gravity and to provide support with props, touch and encouragement, thus putting your overweight clients in an advantageous position to experience success. Please bring a towel to this session.

SESSION DESCRIPTIONS FRIDAY, AUGUST 9

482 Pilates out of the Box WS

MARSHALL EKLUND, MA

Building on the amazing principles of Pilates training of quality and precision, this workshop will transform the way you design your core, Pilates and functional fitness programs. Students will learn a powerful system to mix different orientations, positions and muscle activation to create innovative and invigorating training sessions.

483 YOGression™ for the Upper Body WS

LAUREN EIRK

In this session, you will learn what progression in yoga really means. See why longer practices requiring rigorous adjustments, or forcing oneself into difficult positions, are not the way to achieve the goal of a particular position. Learn how to progress your students in several arm-balancing poses, with ways to strengthen hands, wrists, elbows, shoulders, and cervical regions using various interpretations and variations of yoga asanas.

484 Schwinn® Cycling: Release and Relieve for Cyclists WS

HELEN VANDERBURG

Tension and discomfort can too often be the aftermath of a great ride. Not just for cyclists, this workshop pulls the best flexibility, relaxation and self-myofascial release techniques using easy-to-access equipment into simple sequences you can teach anywhere. Learn how to relieve the hips, back, shoulders and legs, rejuvenate the joints and restore maximal performance to a tight and tired body. This workshop includes a 30-minute cycling workout.

485 Keiser® M3: Workouts for Special Populations WS

SUZETTE O'BYRNE

As fitness leaders, we need to find a balance between catering our workouts to the fit and active versus beginners and special populations. In this session, we will provide workout designs that will motivate and inspire a diverse participant base. From cardiac rehab, active aging, prenatal and more, this workshop will help you to develop exercise sessions that can help all individuals achieve success in the indoor cycling and training environment.

KEISER
THE POWER IN HUMAN PERFORMANCE

486 RealRyder® Indoor Cycling: Burn Your Last Match WS

DOUGLAS BROOKS, MS, AND ADAM REID
Repeated as session #420. See page 32 for full description.

487 One Road, One Ride—Kranking® and Indoor Cycling WS

KRANKCYCLE® FACULTY

With his latest innovation, Kranking, Johnny G gives us a way to ride that same road by using the upper body to develop and maintain cardiovascular strength and fitness. Learn how to adapt your cuing and coaching skills for creating powerful and effective training sessions using language that motivates participants. We'll use training techniques, drills and heart rate games utilizing both the upper body and lower body in one dynamic indoor cycling class!

Johnny G
KRANKcycle
by MATRIX

500 L.A. Adventures: Hollywood Hills Hike WO

Special time: 10:15am-1:15pm

Additional fee required. See page 12 for description.

TIME BLOCK M • 2:10-4:00PM

Up to 2 CEC hours

510 TRX®: Advanced Core Training WS

FRASER QUELCH

Take core conditioning to an entirely new level with this practical session. Participants will learn how to build the most powerful, stable and athletically capable core possible by blending TRX Suspension and Rip Training in a highly effective fusion that culminates in an unforgettable workout.

TRX

511 Small-Group/Team Training—Introducing LES MILLS GRIT™ Series WS

JEREMIAH EVANS AND JOSEF MATHEWS
Repeated as session #271. See page 29 for full description.

512 New Grooves to Make Your Body Move—Balance Training Made Fun! WS

ARTHUR HSU

Would you like to take the exercises you do every day and make them more challenging, more creative and just plain fun? Featuring the Indo Board balance trainer, this workshop will teach you new ways to develop and transform traditional exercises into fun routines that will keep your client engaged. Also, you'll walk away with ways to provide modifications and appropriate progressions. After attending this session, you'll have the information you need to take your training from boring to fun!

513 Athlete's Performance: Lessons From a Sprinter—Integrating Running Technique Into Training WS

NICK WINKELMAN, MS

Many trainers have clients that enjoy running as recreational and competitive activities. We often assume running is an innate skill, but oftentimes this is not the case. This practical presentation provides participants with a four-point coaching model that can be used to teach anyone how to optimize their running technique for improved performance. These technical guidelines are used by some of the top sprinters and endurance athletes in the world to reduce injuries and maximize performance outcomes.

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SESSION DESCRIPTIONS FRIDAY, AUGUST 9

514 3-D Core-Fitness Toolbox Integration

GAY GASPER AND LINDA LARUE, RN

Ideal for one-on-one and small-group training, this workshop introduces the foundation of three-dimensional core training using the super-long specialty Core Transformer tube with foot straps. You'll get a progressive system to train your body from the inside out, all the way down to your deepest stabilizers. You'll engage all your crucial, major anatomical muscle slings to improve muscular endurance, posture, alignment and athletic performance. Walk away with three different functional head-to-toe programs you can integrate with your existing small fitness products.

515 TPPT: SMRT-CORE™ MAXX



TRIGGERPOINT
PERFORMANCE THERAPY

CASSIDY PHILLIPS

A revolutionary approach to total-body training, this Tabata-style, high-intensity workout combines plyometric training and body weight exercises to create core integration utilizing Myofascial Opposition™. This class is a systematic approach to maintaining optimal muscular movement through Total Body Tension™ and innovative self-myofascial release techniques. Come prepared to sweat!

516 Utilize Pilates Principles and Athletic Training to Create a Powerful YOU! by CoreFitnessRoller®

CFR FACULTY

Athletes' need to exhibit power, strength, balance, flexibility and fluidity of movement. This session will focus on the connection between Pilates, functional movement, proprioception and balance. Utilizing the CoreFitnessRoller, participants will walk away with a new repertoire of movement; one that incorporates Pilates, core stabilization, positive movement patterns, multiplanar training, balance challenges, improved flexibility and self-myofascial release to create a powerful YOU!

517 IDEA All-Star Presenter Boot Camp Blowout!

JAY BLAHNIK, EMCEE, AND 17 TOP IDEA PRESENTERS

This is it...the session you've been waiting for! Only IDEA could pull off a session that brings together 18 of the biggest names in the fitness industry for a Showcase Room boot camp session you won't want to miss! Learn new skills, drills, games and exercises that can be inserted into any type of boot camp workout, and get the opportunity to earn dozens of prizes awarded directly from the presenters, including the grand prize of an IDEA World 2014 event registration! Energy, competition and a world-class lineup of presenters make this boot camp a blowout of epic proportions!

518 F.I.T.-Functional Integrated Training

KIMBERLY SPREEN-GLICK

Using Functional Integrated Training, become stronger than ever by putting a smart twist on your traditional resistance training routine. We'll incorporate challenges that improve balance, core strength and overall stability while we create a continuous flow of exercises that keep the heart rate elevated for a higher calorie burn!

519 BOSU®: Accelerate and Elevate

DOUGLAS BROOKS, MS

Elevate your workout with high-intensity training that focuses on speed, agility, balance, power and plyometrics. Using the BOSU Balance Trainer and BOSU PowerStax, you will learn brand-new ways to super-charge your training and amplify athleticism for all levels of fitness. Learn dynamic movement patterns that progress in intensity and complexity while incorporating variations in height. Come prepared to be challenged with advanced training techniques to enhance your exercise library, and to accelerate results!



520 Technogym®: Transformational Group Training Strategies and Tools

HAYLEY HOLLANDER

Repeated as session #470. See page 36 for full description.

521 The Corebar® Experience

LENE KRISTINE DAHL AND ANITA TONNE

Experience this European award-winning program and discover two different class formats from low- to high-intensity cardio intervals with a totally new approach to core-training. Take home the principles and benefits of this new training form, the science of low/high cardio interval training, and the application of adding a weighted, bent bar to this workout. You'll also learn about Corebar signature moves, positions and combinations.

522 All in One: Core, Cardio, Balance, and Strength!

YOAV AVIDAR

All in One is a revolutionary concept of group fitness training! It integrates strength and core exercises into a choreography routine in such a way that you get it all...cardio, strength, mobility, stability, balance and much more. Join Yoav in one of his signature classes and get a totally new look at group strength and body conditioning workouts.

523 Zumba®: Mexican Fiesta

ABRAHAM HERNANDEZ, AILEEN PADILLA, ALFREDO PADILLA AND ELIZA STONE

Everybody loves a fiesta! Join in on the fun and experience Mexican-American dance styles like quebradita, pasito duranguense and cumbia sonidera for a hot-as-jalapeno workout! You will leave this class with a huge smile and an endless supply of impressive, fast-paced steps.



524 The Physiology of Fat Loss

LEN KRAVITZ, PhD

Join Len in one of the most comprehensive lectures ever explaining the detailed physiological and metabolic aspects of fat metabolism, caloric expenditure and fat loss. Several groundbreaking programs that maximize caloric expenditure and fat metabolism will be presented. This lecture is a must for trainers/instructors who truly wish to understand the physiology of fat metabolism.

525 Integrated Energy Medicine

STEVE JACK

Explore different mind-body-energy methodologies that tap into the human energy field to create health and healing with your clients, as well as ancient healing arts and technologies that Western medicine is only beginning to understand. Learn about somatic anatomy to see the big picture of what compromises human health, and take home tools to uplift your clients.

526 Nutrition and Exercise for Longevity

TERI MOSEY, PhD

Most people would agree that prolonged health is the key to successful aging. This session takes a holistic approach to graceful aging and challenges mainstream thought by empowering you and your clients to take a more proactive role in your collective health and well-being. We'll discuss the physiology of the aging process and how it affects the body's main functional systems, and learn what factors, environmental influences and genetic tendencies can be modified by exercise and nutrition.

527 Postrehabilitation: Bridging the Gap Between Health Care and Fitness

BRIAN RICHEY

We will discuss scope of practice and the limitations of fitness professionals working in the postrehabilitation setting. Discussion will include identifying the trainer's role in the healthcare continuum; how to bridge the gap between health care and fitness; learning to identify and manage red flags; and defining the components of function as they relate to our choice of exercises and our clients' progress.

528 STOTT PILATES®:

Jumpboard Strength and Conditioning 

MERRITHEW HEALTH & FITNESS™ FACULTY

Repeated as a workout, session #413. See page 32 for full description.

529 HALO®:

Foundations to

Integrated Body Weight Training 

MERRITHEW HEALTH & FITNESS™ FACULTY

In this workshop, introduced by the Merrithew Health & Fitness team, instructors are taught essential elements of Halo Training and the Halo Trainer and Stability Ball®. Since every client has unique demands, learn how to progress or regress exercises for functional strength and stability training. Incorporating the basic science of core-integrated body weight training, this multifunctional and three-dimensional system empowers instructors to help advance any client to their desired fitness level. Offered as a workout in Session #215.

530 Awakening the Body-Practicing Presence

KATE WATSON

We are often encouraged to "be here now," but how do we do that? And why does it seem to be hard? This session will teach meditation techniques for practicing presence, and will offer simple tools attendees and clients can use to tune in and establish presence at challenging times. Experience a basic awareness practice; a stabilizing hara (abdominal breathing) practice; and a moving meditation based on qigong exercises that even most older clients will be able to do.

531 YogaFit® for Seniors

BETH SHAW

It is difficult for seniors to find yoga classes that are designed for their specific needs and fitness levels. Many traditional classes fail to create a structure and flow that is beneficial to seniors. This program incorporates all the advantages of challenge and self-pacing for all segments of the older-adult population. The poses and methods taught will allow your seniors to increase muscular strength, endurance, flexibility, stamina, lung capacity and overall wellness.

532 Redefining "The Change" With Mind-Body Fitness

MAUREEN HAGAN, PT

Today a woman who is healthy at menopause can expect to live another 40 to 50 years. In this interactive session, award-winning program director and fitness instructor Maureen explains the hormonal changes, signs and issues that affect mind and body health during this time of life. Discover fitness perspectives and programming ideas that provide a meno-positive mind and body fitness plan.

533 RealRyder® Indoor Cycling: Integrated Core Training and Injury Prevention for Cyclists

LESLEE BENDER

Indoor and outdoor cyclists frequently suffer from chronic injuries that are caused by poor posture, lack of flexibility and "bad" biomechanics throughout the day or while riding. Learn injury prevention strategies geared specifically for cyclists, on and off the bike, that activate the core and increase mobility.

534 ICG®: Mountain Rider

TEAM ICG

Repeated as session #292. See page 30 for full description.



SESSION DESCRIPTIONS FRIDAY, AUGUST 9

535 Schwinn® Cycling: Staying Power ^{WS}

GREGG COOK

Inspired by master trainer Gregg Cook's success teaching 20 sold-out classes per week throughout New York City, this workshop shows you how to build and deliver ONE great ride with staying power, and how to teach it multiple times while avoiding coaching burn out. Gregg covers class planning, music use and selection, and shares tips for reading your riders' energy and anticipating the group's needs so you'll coach each class to its full potential.

TIME BLOCK N • 5:00-6:30PM

Up to 1 CEC hour

540 TRX®: Group Rip Performance ^{WS}

PETE HOLMAN, PT

TRX®

This high-intensity, time-based workout brings group training to an entirely new level. A challenging progression of movements takes any level of user from preseason training to the championship game in a single training session. Be prepared for a workout unlike anything you've ever experienced in this fun, athletic class. Just remember to bring some tape... you're gonna get ripped!

541 Group Rx: BOOT™ ^{WS}

GROUP RX FACULTY

BOOT is a pre-choreographed fusion of cardio, strength, balance and flexibility designed to shock the body and increase strength and heart/lung function while improving posture and flexibility. This format encourages self-regulation by demonstrating varying intensities and speeds for each exercise. Learn how to customize BOOT for your class demographic and vary the experience by using partner drills and circuit training, and incorporating an almost endless combination of exercise options!

542 NASM®: Dysfunctional Functional Training: Are "Fun" New Trends Leading to More Injuries? ^{WS}

ERIC BEARD, MS



Variety and progression are critical to any fitness or performance enhancement program. The popularity of nontraditional exercise modalities and philosophies has given rise to a new wave of programming options along with a rise in over-training and repetitive strain injuries. Come learn how to safely integrate new tools, techniques and toys into a fun, safe, effective and progressive integrated training program.

543 Club Spotlight: Equinox Presents Animal Flow X ^{WS}

LASHAUN DALE, MPH, MIKE FITCH AND LISA WHEELER



Cross-training goes primal. Blend dynamic body weight movement with modern athletic training. This nontraditional approach integrates strength, endurance, flexibility, mobility and power for total-body mastery and the ultimate fit physique. Animal Flow X fuses dynamic movements crossed with body weight squats, lunges, hinges and plyometrics, thus challenging balance and coordination for superhuman strength.

544 Games Trainers Play-Fun With Team Training ^{WS}

KEN BALDWIN

Are your clients getting bored with their training? Put the elements of competition and fun back into their sessions by giving them simple modifications of games that they used to play when they were children. This format is ideal for groups of any ability, from children through to your corporate clients. Using very little equipment and just open space, watch how much fun your teams have by using this simple session format!

545 ACE®: Exercise Programming for the Fountain of Youth ^{WS}

PETE MCCALL, MS



If you work with clients over 40, you won't want to miss this session. Learn how to apply the variables of exercise program design to help your clients turn back the clock and maintain their youthful appearance and energy levels. Explore specific principles, strategies and techniques for developing a program that creates an anabolic response to exercise, and in the process, help your clients find their fountain of youth.

546 C.H.E.K. Institute: Effective Flexibility Training-You Don't Have to Tie Yourself in Knots! ^{WS}

DAN HELLMAN, PT

Stretching is an integral part of any exercise program, yet commonly practiced methods produce tremendously inconsistent results. In this workshop, you will learn the most common problems that cause tight muscles and how to assess which areas of the body require improved flexibility-and which do not! We'll explore different stretching techniques and when to use them for optimal results. You'll leave with specific assessments and stretches you can use immediately with your clients.

547 Make the Core F.A.S.T.™ Connection ^{WS}

DAVID WECK

Core F.A.S.T. (fascial advanced strength training) teaches you how to organize your body's skeletal core and enhance the capacity of your conventional core to move you faster and more efficiently. This paradigm-changing workshop will teach you how to fully optimize your body's bone alignment and harness the power of fascial integration. Come discover why and how Core F.A.S.T. is the new ultimate athletic foundation.

548 The Ultimate Stretch Transformation-Showcase Style! ^{WS} ★

JAY BLAHNIK

Are you ready for an IDEA World Showcase Room experience with one of the biggest names in fitness? Back by popular demand, Jay Blahnik will teach you a variety of unique, cutting-edge stretch sequences all designed to be 10 minutes or less, and plugged into almost any setting. Inspired by stretching from yoga, athletics and rehabilitation, these stretch sequences are perfect to complement the end of a workout, or can be strung together into an amazing total-body yoga-inspired stretch routine. They will transform your body, relax your mind, improve your posture and make you stronger!

549 Lean Legs, Great Glutes ^{WS}

LINDA FREEMAN-WEBSTER

Learn how to put the "wow" into your lower-body training classes for the lean legs and great glutes everyone wants! Target the trouble zones from all angles, in all positions, using both unilateral and bilateral work and core-integrated exercises. This workshop definitely steps it up a notch while offering different levels in order for all participants to be successful.

550 BOSU®: Mind-Body Fusion ^{WS}

HELEN VANDERBURG

This unique fusion of yoga and Pilates-inspired movement sequences uses the BOSU Balance Trainer and Ball® Ball to build strength, balance and flexibility while creating greater body awareness in a mindful atmosphere of moving meditation. You will learn to teach a full class that fuses yoga and Pilates, as well as how to split the exercise sequences for separate Pilates or yoga-inspired workouts. Prepare to be challenged with advanced training techniques and new ideas!



551 Step Dance Fusion ^{WS}

LUCIANO MOTTOLA

New to IDEA and straight from Italy, Luciano Mottola teaches a fun and challenging step class that is infused with dance movement. Practice progressions that make sense. Explore choreography that plays with symmetrical and asymmetrical methodologies that translate into an effective cardio workout. Luciano's charismatic and motivating style makes this class a must-attend.

552 High-Velocity Boot Camp With Dynamax Medicine Balls ^{WS}

LAURA CISNEROS

The Dynamax medicine ball is one of the simplest yet most effective training tools in the world. In this boot camp workshop, learn the benefits of high-velocity group training along with key cornerstone movements and programming options to get the most out of your clients. Learn how timed intervals that incorporate strength and high-velocity medicine ball work will drive caloric demand and dynamically strengthen the core.

553 WERQ™: Pop, Rock and Hip-Hop ^{WS}

JULIE STEFFEN AND HALEY STONE

Experience WERQ, the fiercely fun dance fitness class based on chart-topping pop, rock and hip-hop music and high-energy dance steps. The WERQ warm-up previews the steps to be used in class and the cool-down combines yoga-inspired static stretching with balance poses. WERQ's "3QI" method of cuing ensures participants follow along with ease for a uniquely effective, calorie-crushing WERQout. Are you ready to WERQ?

554 Exercise Is Medicine™: Your New Business Partner! ^{WS} Ⓢ

RICHARD COTTON, MA, AND TOM SPRING, MS

Exercise is a powerful complement to traditional medical intervention, and in many instances, may result in a significant reduction in a patient's need for medication. Fitness professionals play an important role in educating clients about the benefits of exercise and how they communicate with their primary care physicians about physical activity. Come and learn about ACSM's Exercise Is Medicine initiative, a program dedicated to improving the role that trainers and healthcare providers play in their clients'/patients' lives.

555 The Group Fitness Trifecta ^{WS} Ⓢ

SHANNON FABLE

Now here is a revolutionary way to determine your worth and influence. Whether you are trying to sum up the worth of your program or the worth of yourself as a fitness manager, there are three metrics that every professional should know. We'll discuss these key ingredients, determine a strategy for improving in each key area and learn how to influence others to do the same. This must-listen session is primarily designed for group fitness managers, as well as instructors.

556 Use the Glycemic Index to Fine-Tune Your Diet ^{WS} Ⓢ

LOURDES CASTRO, MS, RD

Many health seekers are decreasing or completely eliminating carbohydrates from their diet. But is that smart? After all, fiber-rich foods are sources of carbohydrates. Learn to use the glycemic index to help you sift through your choices of carb-containing foods and make better decisions to fine-tune your diet.

557 Build a Better Backside ^{WS} Ⓢ

SCOTT RAWCLIFFE

Whether you want to run faster, be more powerful, prevent injuries or just look better, you need a strong backside. You will understand how foot placement, load vectors and manipulating the strength curve all play an integral part in training the posterior chain. Also, learn why you need to develop strength using both straight and bent leg variations, as well as the importance of choosing both axial and anteroposterior loading for your client or athlete.

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SESSION DESCRIPTIONS FRIDAY, AUGUST 9-SATURDAY, AUGUST 10

558 STOTT PILATES®: MERRITHEW HEALTH & FITNESS™ Reformer and Padded Platform Extender WS

MERRITHEW HEALTH & FITNESS™ FACULTY
Learn to use the reformer as a customizable tool to train and condition exercisers of any fitness level by adding the Padded Platform Extender and Pole. Discover how the extender can be used for sitting, standing or kneeling exercises, in this workshop developed by the Merrithew Health & Fitness team. Also, learn how the pole brings focus to maintaining optimal scapular stability and promoting desired movement patterns.

559 RELEASE WS PATRICK GOUDEAU

We run, jump, push and squat until the body is one big knot and tighter than a pair of skinny jeans! If you can't move to get those jeans on or off, something's gotta give! This practice will relax and rejuvenate, but don't be fooled...you'll need to put in some work to get to the land of aahhs! Flow from one movement into the next with this hybrid blend of yoga, strength and spiritual bliss.

560 Xtend Barre Workout WS

**LAURIE ALFANO, ANDREA ROGERS AND
ROCKELL WILLIAMSON-RUDDER**

Xtend Barre is a perfect complement to other fitness routines. In addition to sculpting and toning exercises that build lean muscle mass, this program offers cardiovascular movement for a full-body workout. The class is fast paced and focused on utilizing body weight as the ultimate resistance tool. Your clients/ classes will experience a stronger core, a lifted derriere, improved posture, greater endurance, overall energy, increased flexibility and enhanced body awareness from this program that combines athleticism and balletic grace.

561 Journey to the Beginner's Mind (Yoga) WS

LAUREN EIRK

Cultivating a beginner's mind is critical to developing effective teaching techniques. Learn why progression is halted when the overall integrity of a pose is not experienced. In this workshop, seven different fundamental yoga asanas will be explored, each chosen for its complexity, joint positions and importance. We will cover cuing, altering forces within the pose and modifying the poses. The session will end with a guided meditation.

562 Schwinn® Cycling: Leave 'em Breathless WS

AMY DIXON

Pair high intensity interval training with high-impact rider interaction and leave your classes breathless and begging for more! This workshop couples the latest research in exercise physiology with proven athletic training psychology to create solo, partner and tribe-based drills to spark off-the-charts energy in any class you teach. Experience six sets you can easily re-create at home and learn the methodology behind them so you can continue to "leave 'em breathless" with your new skills and drills.

563 Keiser® M3: Secrets of the Best Instructors WS

BUDDY MACUHA

Ever wonder how the best cycling instructors do what they do and have packed classes? In this interactive, informative and humorous workshop, we will go over some of the common mistakes instructors make when teaching indoor cycling, as well as cuing strategies, music ideas, and interactive teaching drills. Learn the secrets to unlocking your potential!

KEISER
THE POWER IN HUMAN PERFORMANCE

SATURDAY, AUGUST 10

TIME BLOCK 0 • 7:30-9:20AM

Up to 2 CEC hours

600 TRX®: Training for Body Transformation WS

FRASER QUELCH

Every client wants to look better naked. Learn how to apply TRX training principles using both the Rip™ Trainer and Suspension Trainer™ to guarantee your client's body transformation. This session unveils the best practices for weight loss and provides programming strategies and techniques to ensure success.

TRX

601 Discovering Parkour WS

DAN EDWARDES

Don't miss this amazing training session for all levels of ability and experience. We'll cover the functional fitness and strength training elements of parkour/freerunning in an indoor environment. This course includes movement training that integrates vaulting, precisions, jumps, wall-runs, underbars, swinging and more. Discover what true functional movement means and learn to use your body as it was designed.

602 SPRI®: Ignite Challenge WS

BRIAN NUNEZ

Sport is complex and requires athletes to be ready for constant change. In this workout, challenge yourself through purposeful drills that inspire effort and intensity with the intent of demonstrating your very best efforts. Learn how participants of all ages, shapes and sizes can be "ignited" through this proven challenge system. Create a culture of inspiration/aspiration and experience for yourself this competitive attitude that is truly contagious, and creates high expectations for continuous improvement.

SPRI

603 Intensity Overload-Battle of the HIITs WS

MINDY MYLREA

Fartlek, Tabata, Little-positive versus negative recovery, longer versus shorter intervals, when to use it and when not to. So many options and so little time. In this informative session, Mindy will guide you through the HIIT battleground. Learn the science and then put HIIT training to the test. Walk away with progression formulas and principles that will have you creating training sessions that matter.

604 Strengthening the Fascial Lines in 3-D WS

PETER TWIST, MSc

This session offers a fresh and innovative approach to analyzing human movement and creates a platform for building next-level strength in 3-D. Discover new-school anatomy to appreciate how fascial connective tissue and muscle interacts to create a structural web capable of massive muscle synergy and strength gains. Experience multidirectional and multiplanar loading challenges that overload the entire infrastructure to create and channel full-spectrum strength.

605 Cool Tools and Programming for Boot Camps and Small-Group Training by Lebert Fitness WS

MARC LEBERT

This session is sure to keep your small-group training and boot camp sessions fresh, fun and challenging! Everything from agility and mobility drills, compound body weight movements, unique unilateral rowing and manual resistance exercises, partner training, athletic conditioning drill sequences, unique class programming and more! Your toolbox will be full after this one! This session features the Lebert Equalizer™ and Buddy System™.

LEBERT
FITNESS

606 TPPT: Myofascial Compression Techniques for HIIT Functional Training WS

CASSIDY PHILLIPS

Create soft tissue solutions to prepare the body for the constant variables of CrossFit-style functional training. Risk of injury increases when load is placed upon the muscles and the body lacks the ability to counteract the weight distribution. Weight, suspension and/or challenging the body to move can result in injury when the body is not prepared. Learn how to prepare the body to move and react to constant variables with myofascial compression techniques.

TRIGGERPOINT
PERFORMANCE THERAPY

607 The Core in 3-D WS

LESLEE BENDER

The core begins with the feet. With every step you take, there is a chain reaction that requires greater engagement of the core muscles to help counterbalance the forces of gravity in all three planes of motion. Many classic core training techniques require our students/clients to lie on their back. However, these antiquated techniques may be causing some of the back and neck pain so many are experiencing. By implementing gravity via vertical core training, you'll experience what your body is meant to experience.

608 SBR-The Speed, Balance and Range of Motion Formula WS ★

TONY HORTON

The future of functional fitness will require routines that incorporate three things: speed, balance and range of motion. The SBR training session will combine elements of all three. Most non-endurance athletes move on multiple planes. Baseball, basketball, football, hockey, soccer, skiing, tennis, lacrosse, etc., all require the athlete to use proper kinetic chain-type exercises to improve performance. Each exercise in SBR will challenge your fast twitch muscles, flexibility and core strength. This routine is part yoga, part intervals and part functional fitness and it is all happening in the Showcase Room!



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SESSION DESCRIPTIONS SATURDAY, AUGUST 10

609 4x4: The Fitness Formula

PAUL KATAMI

This unique format will turn your classes into a 4-ring circus! The formula: 4 exercises + 4 minutes + 4 blocks = 4x4. Each round consists of 1 cardio, 1 lower body, 1 upper body, and 1 core exercise performed for 1 minute. After a short rest, repeat the block and move on to the next block of progressively more complex and dynamic exercises. This fast-paced workout will test your limits and keep your students coming back for more.

610 BOSU®: Mobility and Stability for Active Aging

LAWRENCE BISCONTINI, MA

Learn exercises, sequences, drills and skills perfect for the gentle exerciser and active aging market. Moving through the body's functional positions for activities of daily life, this workshop will explore how the BOSU Balance Trainer can provide assistance, resistance, cushioning and stimulus to amplify the impact for this important and growing market of exercisers. Help your clients build functional strength and move more efficiently through the entire kinetic chain, making all their daily movements easier to do!



611 Step Tactics

YOAV AVIDAR

Got great choreography ideas but have NO idea how you'll break them down and teach them? Step is an amazing cardio workout only IF you know how to deliver the routine. Be prepared to work! Yoav asks you to bring the last piece of choreography you had trouble breaking down. You'll get a chance to utilize the basic principles taught in this session. Walk away with tips on how to create a balanced and fluid step class.

612 Club Spotlight: Crunch Presents 2FLY-The House Party

KRISTEN SUDEIKIS AND RACHEL WARREN
2FLY is a fresh new dance fitness program that feels more like a house party than a workout. Inspired by the style, music and moves of the 1990s, this workout incorporates a logic known as SET/FREE (SET: we have SET moves and choreography, along with FREE: the freedom to add your own personal style). In true dance style, we also have 2FLYTIME, where you'll jam with other party people in the house!



613 Zumba® Exhilarate

PEPPER VON AND ZUMBA TEAM

Take a rhythmic journey around the world with Zumba! This is the original Exhilarate Fitness-Party Experience! Blending rhythms of the exotic sounds of Bollywood, Africa, cutting-edge hip-hop, French reggaeton and traditional Latin dance, this workout is one amazing experience!



614 Protein Power

TERI GENTES

Confusion and contradictions result in serious misunderstandings about required amounts of protein and preferred sources. Discover the best sources of protein and the amounts really needed for health, fabulous fitness results, and disease prevention, treatment and even reversal. Teri presents scientifically proven guidance on the dietary needs that are essential both personally and professionally for you and your clients. Tasting samples will be provided.

615 Metabolic Conditioning-The Good, the Bad and the Ugly!

LEN KRAVITZ, PhD

Join Len Kravitz for a multimedia comprehensive review of the metabolic and physiological processes that drive physical exercise and athletic performance. Scientific studies will be presented showing how the body adapts to cardiovascular and anaerobic training. Several myths and misconceptions about fat burning, muscle acidosis, metabolic stress, extreme conditioning and substrate utilization will be presented. Every personal trainer will leave with four research-based cardiovascular and four evidence-based anaerobic training programs. Don't miss this lecture!

616 Creating Your Career Map as a Mind-Body Professional

ELIZABETH LARKAM

There is a bright future for mind-body movement professionals. Design your optimal career map in this interactive forum. Experience movement, journaling, affirmations and active listening to refine your vision and make a plan for your lifelong professional development. Choose your path for education and continuing education, envision a supportive work environment and community of colleagues, and integrate technology to enhance client experiences.

617 Changing Body Composition-It's Not All About Calories!

JENNA BELL, PhD, RD, AND JOHN IVY, PhD, FACS

What effect does nutrition and exercise have on influencing changes in body composition in youth and aging clients? Jenna and John will review the basics of energy metabolism and the effects dietary carbohydrate, protein and fat have on influencing changes in fat and lean mass. They'll also discuss the assessment and interpretation of body composition data and its relevance to health, as well as the effect that timing of ingesting meals has on changing body composition and the impact this may have on quality of life.

618 How Many Plates Can You Spin?

SHANNON FABLE

Most fitness professionals wear many hats and combine several jobs together to make a living! Managers, too! The techniques taught in this session will have you closely examining what you currently have on your plate. You'll experiment with quick mind-mapping exercises, get direction on efficient ways to group like-minded pieces together and learn strategies to make better use of your time. Walk away with a solid plan to regain your peace of mind and stay motivated to manage your career and your life!

619 STOTT PILATES®: Athletic Conditioning 4 on the Reformer

MERRITHEW HEALTH & FITNESS™ FACULTY

This extreme reformer workshop, developed by the Merrithew Health & Fitness team, draws from the unique and challenging exercises from previous athletic conditioning workshops and intensifies them. The result is a series of advanced-level moves that place major emphasis on the strength and stability of the upper body. This demanding program is presented more as a collection of exercises that can be woven into any other workout and less as a full workout on its own.



620 Yoga I.S.® and the Hip

LAUREN EIRK

Did you know that we cannot "open" our hips? Learn the basic anatomy of the hip, structural analysis, muscular influences and hip joint mechanics. Specific asanas from the system of hatha yoga will be dissected to show how they can influence the hip. Seeing anatomy come to action will make you understand the importance of the structural differences. Learn cool yoga tricks, why some poses are better for certain individuals, and how to improve hip joint integrity.

621 The Power of Two-Partner Pilates

KATHRYN COYLE AND ZOEY TRAP, MSc

Partner up to increase challenge, offer support and maximize fun. Push, pull and counter rotational forces with Pilates exercises, balls and bands. Pilates equipment provides resistance and assistance... and so can a partner! Discover just how much fun Pilates can be when you can choose the power of two and double the impact!

622 Rotational Mat Work-Addressing Asymmetry

KATHY COREY

Rotational movements increase proprioception through the activation of deep-core muscles. They help us to reclaim balance, mobility and stability. This session offers an innovative look at rotational patterning with mat work exercises in all dimensions through extension, flexion and side bending.

623 3-D Pilates: Beyond the Mental

MARSHALL EKLUND, MA

Sometimes we as practitioners become so bogged down by the rules, regulations and details of training, we forget about the joy of learning, teaching and moving. No longer does an instructor have to compromise quality of movement for enjoyment. This FUN workshop introduces a five-point system you can use to up the fun factor, and motivate and encourage client adherence.

624 ICG®: World Cycling Tour Challenge/Expedition

TEAM ICG

Repeated as session #320. See page 31 for full description.



625 Schwinn® Cycling: ShLOC (Sh*t Load of Climbing)

KELI ROBERTS

Based on master trainer Keli Roberts' own weekend team workouts by the same name, this workshop offers a primer on outdoor climbing and how you can apply it to keep climb-themed classes energized and effective. You'll learn to authentically re-create four types of terrain and discover how power measurement on the Schwinn MPower™ Consoles with Watts can be used to improve indoor fitness and outdoor performance all while motivating riders to embrace a ShLOC!

626 RealRyder® Indoor Cycling: This Is How We Ryde!

DOUGLAS BROOKS, MS, AND ADAM REID

Repeated as session #254. See page 28 for full description.

TIME BLOCK P • 9:40-11:30AM

Up to 2 CEC hours

640 TRX®: Suspension and Rip™ Training Fusion

PETE HOLMAN, PT, AND DAN McDONOGH

Combine the proven functional strength and stability qualities of Suspension Training® with the dynamic speed, power and rotation of the TRX Rip Trainer. This session brings these two worlds together in a perfect combination of next-generation fusion. Learn the essentials for each modality and then put them together in an unforgettable fusion workout.

641 Parkour Fitness: True Functional Training™

DAN EDWARDES

Don't miss this amazing training session for all experience levels. We'll cover the functional fitness and strength training elements of parkour/freerunning in an indoor environment. This course includes an introduction to quadrupedal movement, traversing, climb-ups, mobile balance and more. Discover what true functionality is and how to move in an effective and useful way that can be applied to any terrain or training scenario.

642 Successful Small-Group Personal Training

SHERRI McMILLAN, MSc

Training two, three or more clients at a time may sound like a good idea and allow you the opportunity to make more money while reaching a whole new market, but how do you pull it off? Learn about the programs, organization and dialogue that will allow you to effectively train more than one client, and review the methods for facilitating a variety of exercises and drills while managing multiple clients.

643 Today's Youth...Tomorrow's Athlete

BILL PARISI AND INGRID OWEN

Engage and serve the growing youth market! Whether you are a personal trainer, club owner or personal training manager, you will acquire important takeaways that you can implement into your business immediately. Learn how to build your youth membership and client base by attacking the obesity and injury epidemic facing America's children. In addition, you will learn why and how 24 Hour Fitness partnered with Parisi Speed School to build a model of youth fitness and performance inside their clubs.

SESSION DESCRIPTIONS SATURDAY, AUGUST 10

644 Functional Performance SAQ ^{WS}

STEVE JACK

In this workshop, we will discuss the differences between functional training and functional performance. We will use specific assessments and performance protocols to explore how to move your clients through the movement continuum, and how to spot when the client is performing outside his/her current level of body competence. Get hands-on experience using the latest equipment for faster stronger athletes, and bridge the gap between functional training and functional performance.

645 Learning to Assess Movement Dysfunction ^{WS}

JUSTIN PRICE, MA

In this hands-on session, you will learn how to assess all the major areas of the body and understand how they affect the function (or dysfunction, as the case may be) of the entire body. You will also learn corrective strategies to address any problems you find to help enhance movement, decrease pain and improve function.

646 Vibram®: Barefoot Fitness-Sole Training™ ^{WS}

STACEY LEI KRAUSS

For more than 30 years, fitness shoe technology has stabilized our feet and ankles. The result? Weak feet! Now, with the popularity of barefoot running, trainers should understand how to prepare the feet and ankles for heightened mobility, stability and absorption. Sole Training is a foot fitness program based on two sequences. The self-massage sequence is restorative and therapeutic, and the standing sequence promotes strength, endurance, flexibility and coordination. Come and experience true foot training at its best.

647 Beachbody's Mega Showcase Room Workout Featuring Celebrity Trainers ^{NO} ★

LEANDRO CARVALHO, TONY HORTON, CHALENE JOHNSON AND SHAUN T.

Get your sweat on in the Showcase Room with Beachbody's most popular celebrity trainers! Join us for a mega workout where you will tone, sculpt and get your heart pumping. Each trainer will take a turn leading the group and they'll perform their favorite moves to bring the crowd's energy higher and higher. Dig Deeper with Shaun T, Bring It with Tony Horton, go Turbo with Chalene and Lift that bum bum with Leandro! It is a trainer mashup like no other.

648 Drums Alive®: DRUM-TASTIC! ^{WS}

CARRIE EKINS, MA

This interval workout utilizes the Drums Alive: Academic Beats® Kids Cardio Drumming program. DRUM-TASTIC is a fitness and kinesthetic learning experience that brings curriculum, fitness and brain health together. Take home powerful tools to learn how to build a better brain, fight childhood obesity, and improve learning and neurological connections, all while having fun!

649 BOSU®: Double Up, Double Down ^{WS}

JULZ ARNEY AND JAY BLAHNIK

Are you ready to double the intensity, double the interaction, double the results and double the FUN? This workshop is designed to teach you dozens of brand-new drills, skills and sequences using two BOSU Balance Trainers! Learn how to exponentially expand the utility of BOSU simply by doubling down, and walk away with exciting ideas for solo drills, partner drills and team drills that can be used in all fitness formats and programs.



650 JumpSport®: Join the Circuit ^{WS}

KRISTA POPOWYCH

Circuit training continues to be a programming essential in clubs and training studios worldwide; not only because it works, but because participants love this style of workout. In this challenging and idea-pumped circuit class, walk away with a new appreciation of how beneficial and fun trampoline training can be within a versatile, challenging and effective workout.

651 3 Men. 3 Steps. More Fun Than a 3-Ring Circus! ^{WS}

NEIL BATES, GREG SELLAR AND MICHAEL STEEL

Step right up for the greatest step show on Earth! Neil, Michael and Greg enter their three-ring circus with each showcasing a different step modality. Ring 1 contains choreography king Neil at his creative, show-stopping best. Ring 2 sees amazing feats of strength and agility with Michael's athletic step training, and Ring 3 has Greg performing death-defying acts of showmanship and interpretation that will leave you spellbound. Choreography, training and presentation wrapped up in one, three-ring spectacle not to be missed.

652 CXWORX™ by Les Mills ^{WS}

JEREMIAH EVANS, JOSEF MATHEWS AND SHELDON McBEE

This session focuses on the latest functional core training programming in 30-minute formats. Participants can expect to receive the latest research on core training for group fitness, choreography, and best practices around the management of this type of programming. The session will include two 30-minute workouts.

653 Masala Bhangra® Presents Bhangra Burn ^{WS}

SARINA JAIN

It's back! Another energizing Masala Bhangra workout inspired by the dances and culture of India. Sarina and her team take Masala Bhangra to the next level with Bhangra Burn, a high-intensity workout that promises to increase the stamina of its participants through a total-body, cardiovascular dance routine! Get ready to feel the Bhangra Burn! Balle! Balle!

654 Cooking Demonstration in Nutrition Pavilion Cooking Demo ^{CD}

PRESENTER TBD

This nutrition session will take place in IDEA's Nutrition Pavilion in the exhibit hall. Please visit the IDEA website for updated information on presenter and session content.

655 Becoming a Social Media Star ¹

CASSEY HO

Ever wonder how to gain more followers and fans fast? Cassey Ho, the YouTube fitness star and *Fitness Magazine's* #1 healthy living blogger, shows you how to use YouTube, Twitter, Facebook, Tumblr, Instagram, Pinterest and your blog to create an influential online presence. Gain insight into which social networks are right for you and learn how to create content that your audience will respond to. You'll walk away with practical tips on how to grow your online following and become a social media star!

656 Brain Fitness and Mental Health Update ¹

KELLY MCGONIGAL, PhD

In a fun lecture, packed with practical tips and surprising findings, learn the latest research about how exercise improves brain health and mental health. What kind of workout has the biggest impact on mood? How hard do you have to challenge the body to train the brain? How long does it take to see training effects? From running to yoga, find out what works, why, and how to offer evidence-based recommendations to your clients.

657 Eating and the Stress Connection ¹

MICHELLE ZIVE, MS, RD

If you turn to food during stressful times, this session is for you! Let nutrition expert and consultant Michelle Zive teach you proven strategies to successfully cope with stress without turning to food, how to avoid mindless eating, and what to eat when mindless eating sets in. Take away valuable take-home tips to deal with stressful situations in a constructive manner.

658 Understanding Function From the Ground Up ¹

GREG ROSKOPF, MA

In this class, we will examine the biomechanics at all joints in the lower body, and determine how abnormal motion at one joint can negatively impact motion at the joints above and/or below it. Gain an understanding of how muscles function at the foot, the knee, and at the hip, and how they are all interrelated. Trainers will walk away with tools to effectively assess for mechanical imbalances and determine an exercise strategy based upon this assessment process.

659 STOTT PILATES®: MERRITHEW HEALTH & FITNESS™ Jumpboard Interval Training on the Cardio-Tramp™ Rebounder, Level 1 ^{WS}

MERRITHEW HEALTH & FITNESS™ FACULTY

Learn to challenge and motivate clients and classes using the new Cardio-Tramp Rebounder on the reformer. Innovative and simple combinations are separated with intervals of upper- and lower-body strength and flexibility exercises. This ultimate cardio/strength interval workout, developed by the Merrithew Health & Fitness team, challenges core and total body strength and elevates the heart rate, while focusing on proper jumping technique on the resilient vertical mini trampoline. This interval format keeps your clients and classes on the move.

660 Stability Barre™: MERRITHEW HEALTH & FITNESS™ Endurance With Music, Level 2 ^{WS}

MERRITHEW HEALTH & FITNESS™ FACULTY

This upbeat music-driven programming is the second level in a series of Stability Barre workshops. Developed by the Merrithew Health & Fitness team, instructors are introduced to a number of props to help challenge and add variety to their programming. STOTT PILATES® basic principles are incorporated to ensure safe, effective cueing while teaching to music. Suggested beats per minute will be supplied, and close attention will be paid to modifying for specific clientele.

661 Tai Chi: The Oldest Wellness Coaching Model ^{WS} 🌸

DAVID-DORIAN ROSS

The ancient tai chi masters maintained that life just works better when you are in balance. The philosophy of tai chi says that when you are in balance you can discover that deep down inside you are actually a perfect being. It's only when we fall out of harmony that we feel flawed, imperfect or broken. Come see how this ancient philosophy will lead you on the path to wellness.

662 The Yoga Groove ^{WS}

SKIP JENNINGS

Looking to put a little spice in your vinyasa? Unleash the power of music to enhance your yoga class. Step out of the traditional mind-body sounds and flow to the vibration of the Yoga Groove. Learn the tools to create a powerful playlist that will up-level your yoga classes to a yoga experience. By incorporating music mapping tools from fitness classes like Schwinn® Cycling, connect your yoga flow with the music that will inspire and motivate, leaving your students with a practice of a lifetime.

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SESSION DESCRIPTIONS SATURDAY, AUGUST 10

663 The Art of Effective Cuing for Pilates WS

CHRISTINE ROMANI-RUBY, MPT

How effective are your cues? How many times have you used the phrases, "shoulders down" or "abs in?" Verbal cuing is a skill used in Pilates to help a client visualize and create a better movement pattern. This workshop will help you to select the best verbal cues and then analyze if what you are asking for is really what your client needs.

664 Kranking® and the Johnny G Energy Training System™ WS

KRANKCYCLE® FACULTY

The Johnny G Energy Training System presents a more complete approach to the art of motivating and energizing the heart by increasing the heart's capacity to train at peak performance. Incorporating sensory experiences into activity, and increasing kinesthetic awareness, makes for a more meaningful and effective training session. We'll show you how to enhance present-moment awareness using sensory experiences such as music, color, mindfulness and language as the means to communicate, monitor and facilitate intensity.

665 Schwinn® Cycling: Mindy Mylrea's RIDE RIGHT™ 2-for-1 WS

MINDY MYLREA

Every master trainer brings something unique to the bike and the mic. This workshop shines the spotlight on Mindy Mylrea's personal style. Expect a workout filled with world-class coaching, motivation and incredible energy. Then Mindy will walk you through two comprehensive handouts: one from the ride you just experienced, and a second complete class broken down with music, cues and imagery. It's the ultimate cycling 2-for-1.

666 Cooking With Keiser® WS

BUDDY MACUHA

Grab your plate and jump on your bike for an exciting buffet of new drills featuring cadence, watts, time and heart rate for a delicious meal sure to satisfy everyone! We'll look at each ingredient and then decide how to mix it all together. This class will move your teaching skills past RPMs and make you a cycling master chef!

667 Fundamentals of CROSS CIRCUIT by Octane Fitness® WS

HEATHER BRUNK

Repeated as session #256. See page 28 for full description.

668 ICG®: One for the Roadies WS

TEAM ICG

In this session geared to road riders, Team ICG will take you on an epic journey of some of the most beautiful highway roads you've ever seen or ridden. The profile will use Myride®+ Road Only footage. You'll use real road-riding techniques, with the best tempos, cadences, movement patterns and combinations. Join us on a spectacular ride with spectacular video!

TIME BLOCK Q • 1:30-3:20PM

Up to 2 CEC hours

680 TRX®: Training Zone Circuit WS

PETE HOLMAN, PT

The TRX Training Zone is a new anchoring solution that provides a revolutionary environment for functional circuit training. Learn how to skillfully use all of the elements of the TRX Training Zone to bring the best of Suspension Training®, Rip™ Training and functional conditioning together in one outrageously fun, effective and high-energy workout.

TRX®

681 Body Weight Blitz WS

KELI ROBERTS

No equipment? No worries! Learn partner and solo drills that train the body with gravity, ground reaction forces, leverage, momentum, plyometric exercise and power endurance explosive movement. Apply these forces to provide overload through triplanar motion with integrated whole-body movements that improve multiple fitness components. Ideal for boot camps, small-group or traditional-group fitness. Body Weight Blitz...blast past your plateaus to a whole new level of fitness!

682 XiT: Extreme Interval Training, 3rd Edition WS

HELEN VANDERBURG

Back by popular demand, XiT, 3rd Edition will not disappoint! With the increasing popularity of high-intensity interval training (HIIT), this workshop will give you tons of ideas to take back to your clients, small-group training sessions and group fitness classes. You'll get new ideas for cardio, strength, power, agility and coordination. Experience new extreme interval formats and innovative exercise combinations and get Xtreme!

683 How to Train the Stressed-Out Client WS

RODNEY CORN, MA

Stress can be a killer! How can we as fitness professionals simply and effectively combat our clients' stressors each time we see them and still stay within our scope of practice? In this workshop, we'll teach you how to hone in on your client's level of stress, AND more importantly, how to address it in your exercise programming. You'll walk away with some very powerful tools you can immediately employ with your stressed-out clients.

684 Body-Leverage Training: No Equipment? No Problem! WS

MIKE BRACKO, EdD

Awaken a new dimension of training as you explore the research and practical applications of body-leverage training. Walk away with the latest research on the best techniques to perform push-ups, core training, leg strength/plyometrics and partner-resistance training. Then dive deeper into periodization using body-leverage training for enhanced strength, power and endurance. Your clients will think you're a rock star when you present them with a scorching workout using only body weight.

685 The Link Between Stress and Chronic Pain WS

MARY BRATCHER, MA, AND JUSTIN PRICE, MA

Psychological stress can lead to gastrointestinal problems, breathing issues, muscle and joint pain, skin disorders and a whole host of other physical symptoms. In this session, you will learn how to assess your clients to see if their physical manifestations of pain are a result of their chronic psychological stress. You will also learn both mental and physical exercises and techniques to help them to reduce their stress, decrease their chronic pain and improve their general well-being.

686 Movement³: Integrating Movement, Fascia and Function With the CoreFitnessRoller® WS

CFR FACULTY

Vibrant long-term health is achieved through a myriad of conscientious actions that engage both mind and body. In this workshop, you will learn how to blend a variety of functional movements, balance challenges, self-myofascial release and trigger point techniques together to create a workout for optimal health. Walk away with a heightened awareness of how you can empower your clients to reach higher levels of wellness and vitality.

687 IDEA's Epic Dance Encounter WS ★

JULZ ARNEY, DANCE MASTER OF CEREMONIES, AND EPIC DANCERS

Last year's Supreme Dance Battle raised the roof and brought down the house. This year, we're taking it to another level with even more new dance brands! Come for a Showcase Room experience only IDEA can offer; the chance to try out the hottest dance-fitness trends of 2013 that are collectively shakin' the groove thangs of more than 10 million people worldwide. Don't miss your chance to get down, get sweaty and definitely get a little bit crazy as WERO®, Zumba®, Les Mills BODYJAM®, Hustle, Flirty Girl Fitness, Masala Bhangra®, and Billy Blanks Jr.'s Dance It Out® teach you their best moves in a battle to win your dance energy. You'll vote for your favorite program and be surprised and inspired by ALL the dance styles that are heating up the industry.

688 Push, Pull, Bend, Twist, Squat and Lunge Circuit WS

FRED HOFFMAN, MD

Experience a dynamic and effective circuit-training workout based on six basic movement patterns. The circuit is made up of total-body integrated exercises that use a variety of studio-based equipment. Each exercise is designed to improve overall strength, balance, coordination and muscle control. Accessible to all levels, this fun and easy-to-implement workout is functional training at its best!

689 Let the Games Begin! Skills, Drills, Games and Tricks for Socializing and Energizing Your Tribe WS

JAY BLAHNIK

Everyone loves to play, and there is no better way to get people to work out than to make it interactive, entertaining and even competitive. Filled with drills that will improve cardio, strength, flexibility, balance and agility, you will leave with the ability to mix and match what you learn with what you already do. Your workouts will become more interactive, your clients and students will become more engaged, and your results will reach new heights!

690 JumpSport®: Plyometric Training for Personal Trainers and Small-Group Workouts WS

KRISTA POPOWYCH

Experience how challenging, creative and fun plyometric training can be. From ricochets to bounding, to medicine ball and plyoball applications, the fitness trampoline becomes the perfect playground for working with athletes and nonathletes. Whether you train one-on-one, in small groups or need some new ideas for group classes such as boot camps or circuit workouts, this session is for you. Get ready to jump, throw and sweat!

691 Step! In the Name of Love WS

KATIE HAGGERTY

You love it or you love it! Step has taken on so many identities since its inception. Where does your passion lie? Keep your members loving step by learning how to take the basic moves and evolve them so you are utilizing the music beyond just 4, 8 or 16 counts. Discover new ways to effectively communicate transitions that are smooth and easy so your students will experience movement in ways they may have never thought possible. Help your students (and you) fall in love with step all over again!

"I AM INSPIRED BY..."

IDEA attendees' curiosity for learning, the supportive environment of the IDEA World Fitness Convention and the amazing innovations in fitness education."
-IDEA Presenter JAY BLAHNIK

SESSION DESCRIPTIONS SATURDAY, AUGUST 10

692 Outrageous Openings and Closings

LAWRENCE BISCONTINI, MA

Join Lawrence for an outside-the-box sampling of nontraditional ways to open and close cardiovascular, strength, flexibility and fusion sessions. Participate in partner drills, primal animal patterns, unusual classroom configurations, dancing yoga, unique musicality options, and glowing in the dark.

693 Turbo Tabata

GREG SELLAR

It's the simplest thing you could do to create a high-energy, male-friendly group exercise experience. Take simple-to-learn athletic body weight exercises, repeat them in high-intensity interval training bursts, balance out the exercises between upper body, lower body and core, and get into a serious fat-burning zone. If your group exercise schedule needs an overhaul with current training methodologies, or you're a personal trainer looking for a format you can easily teach in the group exercise studio, this session is made for you.

694 The Future of Fitness—Group Fitness Unleashed

INGRID OWEN, STEVE RENATA AND RANDY HETRICK (PANELIST)

Group fitness is more than a strong retention tool. When fully utilized, it is the most powerful form of assisted exercise to grow membership. The growth of budget and micro gyms has changed the industry landscape, bringing new opportunities and challenges for facilities. Differentiation through world-class execution of group fitness has the potential to grow and sustain your business through referrals and guest acquisition. Les Mills, 24 Hour Fitness and a distinguished industry panel share insights on how to drive over 24 million member touches per year.

695 The Bacon, Sprouted Quinoa and Kale Cupcake—Food Trends Panel

MODERATOR: SANDY TODD WEBSTER; PANELISTS: LOURDES CASTRO, MS, RD, TERI GENTES AND JESS KOLKO, MS, RD

What is trending in food today and what do you need to know about it? Every year there are new ingredients, ethnic influences and preparation techniques that seem to take over our plates and our ongoing national conversation about food and wellness. Join IDEA foodista-in-chief Sandy Todd Webster as she leads a discussion with a chef, registered dietitian and health coach to identify the hottest food trends, and strategize how to maximize them for health.

696 Knee Pain, Muscular Imbalance and the Kinetic Chain

GREG ROSKOPF, MA

We will take an in-depth look at the knee joint and gain an understanding of how the muscles control knee joint function. Trainers will see how abnormal mechanics in the foot and the hip can affect the function at the knee. The concepts and techniques introduced in this session will help trainers to identify imbalances throughout the lower kinetic chain. In addition, trainers will gain a greater appreciation for how to properly design exercise programs for clients with knee pain.

697 Functional Fee-Based Group Training

STEVE JACK

We all know that group training has the power to engage members, improve interaction, and generate results and revenue. Implementing such programs, however, can be tricky. Learn what works and what doesn't and how to differentiate between fee-based group training and group exercise. We'll dive into the importance of systems, quality control and dedicated environments for functional group training to occur. Uncover a tried-and-true blueprint for success that will not only impact your members and engage your staff, but will also improve your bottom line.

698 STOTT PILATES®:

Stability Barre™

Training With Reformer and Cardio-Tramp™ Rebounder 

MERRITHEW HEALTH & FITNESS™ FACULTY

This workshop features the exclusive Stability Barre program, designed by the Merrithew Health and Fitness team, to develop stamina and control along with cardiovascular fitness and endurance. The Cardio-Tramp serves as the sturdy barre support as well as a resilient platform for rebounding work. Experience how this program presents elements of dance and flexibility training with the solid foundations of STOTT PILATES in a workout like no other.

699 CORE™: Dynamic Resistance Training With Tubing

MERRITHEW HEALTH & FITNESS™ FACULTY

This new workshop, developed by the Merrithew Health & Fitness team, features various types of resistance tubing, balances upper, lower and core resistance training with athletic-based movements that will challenge any athlete. This kind of peripheral resistance adds a unique component to the workout and adds elements of stability and balance to the exercises. The CORE foundational principles are applied in this high-powered workshop that focuses on form with intensity.

700 Sight and Insight: Feldenkrais® Awareness Through Movement

ELIZABETH LARKAM

Dr. Moshe Feldenkrais created hundreds of Awareness Through Movement (ATM) lessons that facilitate learning in motion and bring about a state of graceful action, delightful discoveries and unexpected surprises. Experience a lesson that focuses on sight and visualization, refining the ability to form mental images in your mind's eye.

701 Yoga for “Type-A” Clients

LINDA FREEMAN-WEBSTER

Try this new approach to get those “yoga is too slow for me” members onto the mat! Using yoga principles as the foundation, this session fuses cardio, strength, and yes, yoga, for clients who can't sit still. Staying true to yoga, this format meets multiple demands that will open new doors for programming, and will give you an opportunity to touch more people in a meaningful way. You'll have them hooked on yoga in no time!

702 Mat Movement Flow

KATHY COREY

This course is a progressive and contemporary approach to the Pilates mat work exercises. The workshop explores traditional movements, and uses modifications and variations to create combinations that can be done in classes of any level. Insightful, instructive and informative, this dynamic class includes the work and history from the master teachers who learned from Joe and Clara Pilates.

703 Keiser® M3: Heart Rate and Power Training

SUZETTE O'BYRNE

With the continued advancements in onboard computers, cycling instructors are at an advantage to create workouts that cater to the individual needs of their participants. This workshop will cover the key components of power, as well as heart rate training, and look at ways to apply both for effective, challenging and targeted workouts. Move beyond RPM in this informative and active session.

704 RealRyder® Indoor Cycling: Recycle... Class Planning in Minutes!

GAY GASPER

Repeated as session #295. See page 30 for full description.

705 Schwinn® Cycling: Jeffrey Scott's RIDE RIGHT™ 2-for-1

JEFFREY SCOTT

Every master trainer brings something unique to the bike and the mic. This workshop shines the spotlight on Jeffrey Scott's personal style. Expect a workout filled with world-class coaching, motivation and incredible energy. Then Jeffrey will walk you through two comprehensive handouts: one from the ride you just experienced, and a second complete class broken down with music, cues and imagery. It's the ultimate cycling 2-for-1.

TIME BLOCK R • 4:20–6:10PM

Up to 2 CEC hours

710 Get It From the Ground

DAN McDONOGH

Little to no equipment? No excuse! You can do so much with so little. This body weight-only boot camp-style workout based on foundational movements will help you develop strength, stability and mobility to move better and perform better! Whether in partners, small groups or large groups, these movements can be performed and adapted anywhere, anytime and with little space.

711 The Art and Science of Small-Group Training

SCOTT RAWCLIFFE

Scott will take you on a journey that explores all the aspects critical to creating a world-class semi-private and small-group training environment. He will teach you how to develop highly effective training programs while maintaining the flow and energy of your group. You will also learn how to use cuing techniques to successfully coach numerous clients at the same time, as well as key psychological and emotional components to create that wow experience that every client needs.

712 Gray Matters—Training for Brain and Body Fitness

CARRIE EKINS, MA

Exercise is the single most powerful tool that we have to effectively utilize our brain function. The skills and drills taught in this session are designed to help your clients maintain the mental, physical and social fitness necessary to maintain a healthy body and brain. Learn how to implement cognition and medical fitness training into your existing program. Discover movement patterns that address coordination, proprioception and balance, and increase the stabilization and activation of the brain. Go beyond physical fitness and enter the world of brain and body training.

713 Breaking Barriers to Exercise

RODNEY CORN, MA

Every trainer knows how difficult it can be to motivate nonexercisers to get active. While challenging, there are ways we can remove the barriers to entry for the nonexerciser and structure training programs to make exercise appealing, nonthreatening and achievable. In this workshop, you will learn how to design programs that entice the nonexerciser—and even your current clients—to adopt an exercise lifestyle.

714 Spinal Stabilization Versus Pelvic Stabilization

BRIAN RICHEY

Participants will examine the differences between spinal and pelvic stabilization techniques. We will discuss the most common dysfunctions students will encounter and identify the most beneficial technique for the client. Participants will see how modifying the client's intention in the exercise can shift a traditional exercise from focusing on stability of the spine to the pelvis and vice versa.

715 The Rhythm Is Gonna Get You!

HAYLEY HOLLANDER

The heart is one of 50 rhythms your body possesses, and the rhythm of the heart dictates many key ingredients to a successful training program. Uncover what heart rate variability truly is and how to assess the heart rate variability and readiness for a workout of each client.



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Combine indoor cycles with Krankcycle for a full body workout that is well balanced, increases strength, improves cardiovascular fitness and incinerates calories.

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Infuse new life into a traditional circuit or boot camp class by adding one or two Krankcycles for added versatility.

KRANK Express

Done in a small group setting on the main cardio floor, Krank Express is highly visible and very accessible. No need for music or a microphone.

KRANK PT

Personal trainers can use the Krankcycle to work one-on-one with a multitude of clients, including beginner and advanced athletes, active-aging clientele and those in rehabilitation.

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HOW IT WAS ACHIEVED

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INDOOR CYCLING
GROUP

Contact ICG® at: info@indoorcycling.com

North American Sales: Matrix Fitness 866.693.4863

716 Showcase Sanctuary: A Final IDEA World Experience

LAWRENCE BISCONTINI, MA,
MARLA ERICKSEN, ELIZABETH LARKAM
AND DAVID-DORIAN ROSS

After all of the hard work, determination and effort you have put into IDEA World, it is now time to give back to your body and mind in this final Showcase Room session. This program is designed to relax and restore your body as your mind reflects on all you have accomplished at IDEA World. During this session, the Showcase Room will resemble a spa sanctuary filled with aromatherapy, dimmed lights and relaxing music. You will be inspired by four world-renowned mind-body presenters as they share the movements of Shakti, tai chi, Feldenkrais® and yoga. Join us for a very special final experience and reward yourself for all you have accomplished at IDEA World 2013.

717 Barred for Life!

AILEEN SHERON

Creatively utilizing the weighted bar throughout the entire program, this class incorporates both functional and traditional resistance techniques, along with balance, agility and cardio drills. This nonstop workshop will raise the bar for your sculpting classes.

718 SOHO Step

MICHAEL STEEL

Direct from London to the Land of Oz, Michael brings you Cool Britannia on the step. Teaching a selection of his favorite participant-approved tried-and-tested routines, Michael provides you with teachable choreography taught with a north/south step orientation. Using both your step and your neighbor's, you get to cross the border and enjoy the discovery of something unexpected!

719 Pack Your Classes Every Time!

HALEY PERLUS, PhD

Discover why many participants attend class once and then don't come back. It's not necessarily about you! But there are factors within your control that will retain class participants and attract new enthusiasts. This workshop allows you to learn and try out research-supported techniques not found in fitness manuals. Come learn how to motivate your students with these tried-and-true techniques. They'll boast about your class so much that all their friends will want to share in the experience!

720 Zumba® Sentao™

ADRIANNA CARR AND
ABRAHAM HERNANDEZ

Drag a chair onto the dance floor and you are ready to experience the amazing new Zumba Sentao program! Learn to do things with a chair you never imagined possible. With innovative and expressive new moves, turn an everyday object into a strong, sexy dance partner! Get defined with unique resistance exercises designed to firm the buttocks, abs and arms while performing choreography to the sultry Zumba soundtrack.



721 The 12-Month Marketing Plan for Small Businesses

SHERRI McMILLAN, MSc

Do you always feel challenged to come up with a marketing initiative that is easy to implement, effective and worth the effort? If you're like most managers, you're continuously behind the 8-ball, rushing to finalize all the details of the next strategy that will entice clients to try out your services. This session will provide you with a step-by-step and detailed 12-month marketing strategy that will help you to experience the financial benefits of a plan that works.

722 NASM®: Fast Fat-Loss Strategies

MIKE FANTIGRASSI

Most clients' primary goal is to shed unwanted body fat. In this interactive lecture, we will discuss strategies to maximize fat loss. Topics will include how to structure exercise programs with periodization to bust through plateaus, what is the right amount of exercise, and what are the top speedbumps that sabotage fast fat loss.



723 Five Big Obstacles to Team Building

DONNA HUTCHINSON

It's easy to be part of a team when things go well, productivity is high and morale soars, but how do you get to this place? Before you even begin to consider building a high-performance team, you need to identify the obstacles standing in your way. Without knowing where the roadblocks are you will never see the light at the end of the performance tunnel.

724 ACE®: New Developments and Perspectives on Obesity—Looking at the Big Picture and Winning the Battle

MARK P. KELLY, PhD

Why is the U.S. and most of the civilized world battling the bulge, and why is the obesity rate growing in epidemic proportions? What are we missing? Do trainers really know how to relate to and engage an obese client? Obese clients have special concerns and issues that must be handled appropriately. This presentation takes a very holistic and synergistic approach to providing practical, science-based methods to help trainers help clients escape the prison of excess weight.



725 STOTT PILATES®: Reformer Intervals on Accessory Boards—Ideal for Teens

MERRITHEW HEALTH & FITNESS™ FACULTY
Now more than ever, young people need targeted exercise programs to keep them interested and committed. Using the padded surface of the jumpboard or Cardio-Tramp® Rebounder, and the spring resistance of the reformer, see how engaging yet challenging sessions can be developed for this group. This interval workshop, developed by the Merrithew Health & Fitness team, focuses on core strength, speed and agility, as well as power, combined with specific strengthening exercises for arms and legs.



726 STOTT PILATES®: Athletic Conditioning on the Mat

MERRITHEW HEALTH & FITNESS™ FACULTY
This workshop, developed by the Merrithew Health & Fitness team, demonstrates dynamic movement sequences that take full advantage of the body's own weight and gravity. These moves are guaranteed to develop ultimate strength and stability, particularly through the core, including the lumbo-pelvic region. The workshop features an intense abdominal series, sequences with rotation and mobilization, as well as a section dedicated to front and side planks.



727 Fit for Two—Pre- and Postnatal Training

HELEN VANDERBURG

This session is designed to give you the most current information on exercising during pregnancy. Topics include exercise precautions at each stage of pregnancy, specific exercises to increase fitness for labor, exercises to strengthen your clients' changing body, and stretches to increase the level of comfort during pregnancy. This workshop will give you the information needed to design a successful fitness program for your pre- and postnatal clients.

728 Schwinn® Cycling: All-Star MPower™ Workout!

JULZ ARNEY, JAY BLAHNIK, GREGG COOK,
AMY DIXON, KEITH IRACE, JEFFREY SCOTT,
ROBERT SHERMAN AND DORIS THEWS

Schwinn keeps upping the game in indoor cycling with new innovations and education! Come experience our latest breakthrough, the Schwinn AC Performance PLUS bike with the third generation MPower Console, in a ride taught by our most popular master trainers. Learn how measuring wattage, speed, distance, heart rate and calories will motivate your classes and revolutionize your workout.

729 Keiser® M3: The Cyclist's Toolbox

KRISTA POPOWYCH

Put away the bike pump, but get out your instructing toolbox! After you experience an advanced bike setup, learn how the effective use of cycling technique, form and muscle activation can ensure your participants take full advantage of their endurance, power and efficiency. Evaluate positioning to maximize results, learn how to use all the cool features of the onboard computer, and experience practical drills that teach your participants to ride with muscles that power the pedal stroke and techniques to optimize their ride!

750 L.A. Adventures: City Tour By Night

Special time: 6:30-10:00pm

Additional fee required. See page 13 for description.

SUNDAY, AUGUST 11

TIME BLOCK T • 7:30-9:20AM

Up to 2 CEC hours

800 Unleash Your Inner Athlete

BRENT BISHOP

In this athletic conditioning workshop, trainers will explore proven techniques that incorporate multijoint training techniques with mental coaching strategies to progressively unleash the athlete within anyone. Experience a dynamic workout designed to boost your metabolism, systematically challenge your entire body, and leave you feeling athletic and exhilarated! You'll leave with the tools and key coaching points you need to maximize the athletic performance of your clientele. Come prepared to learn and sweat.

801 I Q U Do: The Art of Intelligent Coaching

KELI ROBERTS

Have you ever recorded yourself teaching? Were you happy with how you sounded? Do you feel like your cues give you the intended result? If the answer is no, then this workshop is for you! Learn the art of intelligent cuing with simple strategies that will make all the difference with your communication skills. No matter what you teach, being an effective coach is an art form!

802 Designing Effective Balance and Mobility Programs—A Multidimensional Approach

DEBBIE ROSE, PhD

The purpose of this hands-on workshop is to provide instructors with the screening tools and curriculum materials needed to implement a targeted balance and mobility program for older adults experiencing balance and gait problems that have elevated risk for falls. Attendees will learn how to quickly screen and assess older adults for balance and mobility problems, and then develop a set of exercise progressions and culminating activities across multiple dimensions of balance that can be easily modified to raise or lower the challenge of each exercise.

803 NASM®: The Commotion About Human Motion

THERESA MIYASHITA, PhD

Altered gait biomechanics can be due to a number of different causes, including injury, chronic musculoskeletal conditions, muscular tightness, and muscular weakness. Understanding proper gait mechanics is critical if we are to understand how a client is deviating. Once deviations are noted, we can address these compensations using smart corrective exercise. This involves knowing what muscles need to be inhibited and lengthened, what muscles need strengthening, and how to ensure proper activation of the musculature during dynamic movements.





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8:10-10:00 AM

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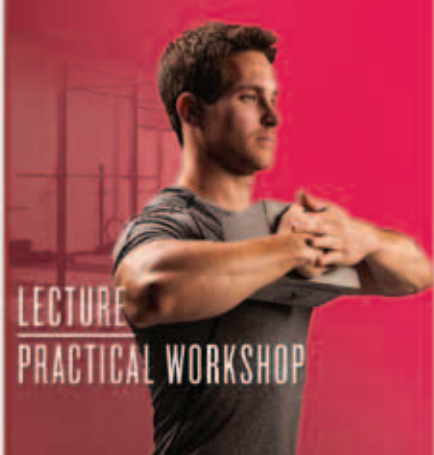
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SATURDAY AUGUST 10, 2013
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804 High Voltage Studio Strength ^{WS}

MICHAEL STEEL

Take all your favorite studio equipment, add the hottest high-intensity interval training methodologies, mix it up with some cool twists on body weight training, and you have High Voltage Studio Strength! This dynamic circuit workout is designed to build the musculoskeletal system through three planes of motion, working the trunk, arms and legs. Experience nine functional stations utilizing a variety of products designed to challenge momentum of mass in all planes.

805 Time Under Tension ^{WS}

AILEEN SHERON

If you love tubing, this class is for you! Using just one tube, you will discover all the creative ways to utilize this versatile piece of equipment. Learn how to layer your exercises and combinations to get the most out of each position. See how to integrate different planes of movement, speeds and intensity for an amazing nonstop workout. The tension won't stop until the clock runs out.

806 Balancing Hormones for Optimal Weight Loss ^L

MARC BUBBS, ND

You often hear that achieving your ideal weight is a matter of calories consumed and exercise. Unfortunately, that isn't the whole story. Your body's hormones control metabolism, muscle building, fat metabolism and appetite. Whether you are a very active athlete, exercise enthusiast or are seeking to shed a few pounds, achieving hormonal balance may be the missing link you need to lose weight, improve your health and perform better in the gym or on the playing field!

807 Flex Your Marketing Muscles! Build and Grow Your Personal Brand ^L

GRETCHEN RITTER

Your loyal and dedicated clients are out there but they can't find you! Learn the secrets from fitness industry leaders and social media marketing professionals on creating your brand and having an online presence. We will provide practical demonstrations, and you will walk away knowing how to leverage five free online resources to expand your reach and gain new customers. Leave with a doable marketing action plan that requires minimal effort and can be automated to run on its own.

808 Breathe Life Into Your Poses ^{WS}

KELLY MCGONIGAL, PhD

The outer alignment of a yoga pose is like the gift wrap on a present. It may be beautiful, but the real treasure is inside. Learn how to practice the poses from the inside out, using sensation and the breath to draw you deeper into the inner experience of your yoga practice. Experience each pose as the movement of breath in your body, and let the breath guide each movement between poses.

809 STOTT PILATES®: MERRITHEW HEALTH & FITNESS™

Matwork™ Flow

Conditioning Sequence Workout ^{WS}

MERRITHEW HEALTH & FITNESS™ FACULTY

Bring a sense of flow and energy to any Matwork routine with this enlightening workout, developed by the Merrithew Health and Fitness team. Using breath to promote focus and the quality of movement, learn innovative movement transitions and discover sequences designed to increase overall body conditioning and control. Exercises are selected to improve strength and stability along with flexibility and suppleness.

810 Schwinn® Cycling: Super Star Substitute! ^{WS}

DORIS THEWS

The Super Star Substitute can step in to sub at a moment's notice, win over a skeptical class and have students eating out of the palm of their hand by the last song. Whether you sub often or rarely. Should you want more classes, more cash or to be more beloved by your students. Come experience the perfect "substitute ride,"—and learn tips and tricks for succeeding in every group fitness situation.

815 L.A. Adventures: Legendary Homes Bike

Tour ^{WS}

Special time: 7:30-11:30am

Additional fee required. See page 13 for description.

TIME BLOCK U • 9:40-11:30AM

Up to 2 CEC hours

820 Tight on Time? 30-Minute Solutions for Your Clients' Busy Lifestyle ^{WS}

DOUG BALZARINI

Not enough time is probably one of the most popular excuses clients give for not getting their exercise in. That might be good news because current research suggests that shorter periods of exercise can be enough. Attend this workshop and walk away with effective and efficient methods you can use to enable your clients to get in, get out, and get on with their busy day. We will discuss circuit and interval training formats and other protocols that are sure to remove this excuse from your client's vocabulary.

821 30 Ultimate Back Exercises—Prevent and Perform ^{WS}

MIKE BRACKO, EdD

Chock full of information, this intensive session will bring to light the current research on back injury. We'll discuss the physical risk factors, the causes and the prevention of back injury, as well as what can be done to strengthen the back and supporting musculature to improve performance. Participants will take away 30 exercises for the back and core, complete with modifications for specific populations and those with physical limitations.

822 Making a Connection in Group Training ^{WS}

HAYLEY HOLLANDER

Did you know that 44% of members participate in group training, whereas approximately 3%-7% participate in one-on-one personal training? In this session, we'll examine the key components of group training from a behavioral perspective, and different strategies that are paramount to customizing the experience so everyone walks away feeling like they just left a "personal" training session.

823 Back to Basics With Anatomy ^{WS}

BEVERLY HOSFORD, MA

Knowledge of anatomy is essential for all fitness professionals. Take a brief break from your search for the hottest new technique and let's see how firm your anatomy skills are as we reconnect with this incredible system. With deeper anatomy understanding, you can more effectively and confidently help your clients and yourself! This class will provide you with a better foundation for everything that you do! Take a step backward so you can more freely move forward!

824 Athletic Step Training ^{WS}

GREG SELLAR

Do you have steps in your club that aren't being used for anything more than a bench for resistance classes? Step got so niche that only a handful could do it and classes slowly dwindled. Let's take another look at this great device as an athletic training tool. In this session, we will apply personal training methodologies to step training, progressing it from something that is possibly no longer relevant to a viable training tool that ensures successful participation for all skills and fitness levels.

825 Blow Up Your B.A.S.E. ^{WS}

JAMIE G. SMITH

Learn to take B.A.S.E. moves and explode with unlimited genres of dance fitness choreography! Or mix it up simply by taking your existing choreography and refreshing it anytime with a new look and feel. You will be given the B.A.S.E. system to blow it up from the ground up and keep your creativity flowing and expanding! Find the limitless possibilities that are right in front of you!

826 The Attitude Effect™ ^L

DONNA HUTCHINSON

The Attitude Effect is an influential, powerful and dominant force in the workplace. It does not have physical form, yet it can take over the minds of your team and be extremely damaging if left untreated. Therefore, understanding how to shift your team's attitude is vital to the growth, development and long-term success of your business.

827 Extraordinary Living for Ordinary People ^L

JAY BLAHNIK

People who live extraordinary lives often share similar behavior traits, even though their personalities and interests may be very different. What are these traits, and why are they so powerful? More importantly, how can you use these traits to improve YOUR life and enjoy greater success in everything you do? There is no magic and nothing complicated to learn...just simple, powerful insights that you can use every day to make positive differences in your life.

828 Yoga in the Round ^{WS}

DENISE DRUCE, MPH

Take a different look at the setup of your yoga class. Teaching in-the-round not only changes the feel of your class, it changes the whole experience for you and your students. In this session, we'll discuss the benefits of this more intimate approach and how this affects student comfort and flow of energy in the room. In addition, we will look at the considerations of teaching in a circle, including class sequencing and teacher placement.

829 STOTT PILATES®: MERRITHEW HEALTH & FITNESS™

Matwork™ Strength and Mobility ^{WS}

MERRITHEW HEALTH & FITNESS™ FACULTY

Comprising a series of simple movements that challenge overall strength and mobility with stability, this workshop, developed by the Merrithew Health & Fitness team, uses only the body's own resistance. Fundamental Pilates principles are added to less traditional moves to focus on mobilization while balancing the musculature around the joints. Particular attention is paid to balancing mobility and muscular balance in the lower kinetic chain.

830 Schwinn® Cycling: Skip Jennings'

RIDE RIGHT™ 2-for-1 ^{WS}

SKIP JENNINGS

Every master trainer brings something unique to the bike and the mic. This workshop shines the spotlight on Skip Jennings's own personal style. Expect a workout filled with world-class coaching, motivation and incredible energy. Then Skip will walk you through two comprehensive handouts: one from the ride you just experienced, and a second, complete class broken down with music, cues, and imagery. It's the ultimate cycling 2-for-1.

"I AM INSPIRED BY..."

The presenters, fellow fitness teachers and the energy of the whole conference—I always come back having learned great new ideas for my classes and personal training clients. IDEA is the best conference out there! "

—IDEA World Attendee,
AMY STARR

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SPRI TRAINING SESSIONS

SPRI Step360 Core VIIT

Thursday, August 8, 7:00am-7:45am

Instructor: Robert Sherman

SPRI Step360 Cardio VIIT

Friday, August 9, 7:00am-7:45am

Instructor: Patrick Goudeau

SPRI Ropes Gone Wild

Thursday, August 8, 2:00pm-3:50pm

Instructor: Brian Nunez

SPRI Ignite Performance Training

Friday, August 9, 8:10am-10:00am

Instructor: Brian Nunez

SPRI Step360 Strength VIIT

Thursday, August 8, 4:40pm-6:10pm

Instructor: Robert Sherman

SPRI Ignite Challenge

Saturday, August 10, 7:30am-9:20am

Instructor: Brian Nunez

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REGULAR REG. Postmarked After 6/28/13

100 Leadership Skills for Personal Training and Group Fitness Directors

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101 STOTT PILATES®: Advanced Matwork™

IDEA Member	\$169	\$189
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102 Zumba®: Basic Skills Instructor Training

IDEA Member & Nonmember	\$210
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103 Zumba®: Basic Skills Instructor Training—En Español

IDEA Member & Nonmember	\$210
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104 YogaLean™ by YogaFit®

IDEA Member	\$199	\$219
Nonmember	\$219	\$239

105 ACE®: Group Exercise Leadership Specialty Certification

IDEA Member	\$149	\$169
Nonmember	\$169	\$189

106 RealRyder® Indoor Cycling: Certified Instructor Training

IDEA Member	\$189	\$209
Nonmember	\$209	\$229

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IDEA Member	\$199	\$219
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IDEA Member	\$99	\$119
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Nonmember	\$169	\$189

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500 Hollywood Hills Hike

IDEA Member: \$55	Nonmember: \$65
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750 City Tour by Night

IDEA Member: \$60	Nonmember: \$70
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815 Legendary Homes Bike Tour

IDEA Member: \$65	Nonmember: \$75
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L.A. ADVENTURES

PRECONFERENCE SESSIONS

EVENT REGISTRATION

*This offer cannot be combined with any other offer or special pricing, has no cash value and cannot be used for refunds or credits. International attendees will receive an e-membership. Offer valid only for nonmembers of IDEA who are registering for the 2013 IDEA World Fitness Convention at the full nonmember rate. Renewal rate will be at standard rates.



Learning should never take a day off

As the ultimate 24/7 resource for understanding the science and application of sports nutrition, the EAS® Academy gives you the freedom to access the tools, resources, and know-how it takes to stay informed and on top of your game. By doing so, you'll be able to help your clients in new and better ways, which helps you build a stronger career for the long run.

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RESEARCH



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NUTRITION
ARTICLES



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EDUCATION
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NEWS &
EVENTS

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2013 IDEA WORLD FITNESS CONVENTION™

Join us for these featured CEU courses:

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WHAT IT IS & HOW MUCH DO YOU NEED?

Featuring: Ellen Coleman, MA, MPH, RD
Keith B. Wheeler, PhD, FACSM

CHANGING BODY COMPOSITION:

IT'S NOT ALL ABOUT THE CALORIES!

Featuring: Jenna Bell, PhD, RD
John Ivy, PhD, FACSM

EVENT INFORMATION

EVENT NAME: IDEA World Fitness Convention™

DATES: August 7-11, 2013

PRECONFERENCE SESSIONS: August 7, 2013

LOCATION: Los Angeles Convention Center

HEADQUARTER HOTEL: JW Marriott Los Angeles at L.A. LIVE;
additional accommodations at the Omni Hotel

CONVENTION FACILITIES

All sessions, registration and the IDEA World Fitness & Nutrition Expo will be held at the Los Angeles Convention Center, located at 1201 South Figueroa Street, Los Angeles, CA 90015, and the JW Marriott Los Angeles at L.A. LIVE located at 900 West Olympic Blvd, Los Angeles, CA 90015.

REGISTRATION DISCOUNTS

IDEA Member Discount. Become an IDEA Member and save on your convention and preconference sessions registration. You'll enjoy all the privileges of membership, including special savings on future IDEA events. To become an IDEA Member, register online or call Inspired Service at 800.999.4332, ext. 7.

Business/Program Director Member Discount. IDEA Business/Program Director Members receive the discounted member price on unlimited registrations for the conference and preconference sessions. Please indicate the name and number under which the membership is listed. Do not use the business or program director number when submitting session selections. Call Inspired Service at 800.999.4332, ext. 7, for assistance. Not valid with any other discounts.

Group Discount. Groups of five or more registering together save \$25 on each full registration. All registration forms and fees must be submitted together. Call Inspired Service at 800.999.4332, ext. 7, for assistance. Not valid on 1-day registrations, preconference sessions or with any other discount.

www.idealife.com/world

REGISTER NOW! CLICK OR TAP HERE.

INTERNATIONAL REGISTRATION/ WIRE PAYMENT INFORMATION

International attendees can submit event registration fees via wire transfer. Complete the registration form, fax it to IDEA and wire transfer your payment. Please contact Inspired Service at 858.535.8979, ext. 7, or by e-mail at member@idealife.com for IDEA's wire transfer bank account information.

CANCELLATION POLICY

100% Satisfaction Guaranteed—Register Risk-Free! If you attended an IDEA event, but were not satisfied, you may receive a complete refund. To request a refund, it must be in writing. Please state what the issue was.

If we receive your cancellation notice 30 days prior to an event, the administrative processing fee is \$100. There will be no refunds allowed after that date or for no-shows. You can cancel anytime prior to the event and a credit will be issued that can be used toward a future event. Credits issued will expire on December 31 of the following calendar year.

We've made it easier to switch names on event registrations at no charge. If you can't make it, you may send a colleague in your place by contacting Inspired Service at least 7 days prior to the event (switches are subject to a fee increase based on member status).

Contact Inspired Service for further assistance at 858.535.8979, ext. 7, or e-mail at member@idealife.com.

IDEA is not responsible for acts of God or nature, terrorist attacks, war, union or labor disputes or other events out of our control.

BRING A COMPANION!

Share this exciting fitness experience with a spouse, friend or family member for only \$75. Your companion receives admission to the **Opening Ceremonies, IDEA's BE: INspired Party, the IDEA World Fitness & Nutrition Expo and a commemorative gift.** To participate in this program, register online or enter the required information on the registration form available online at www.idealife.com/world/regform. **Please note: package does not include admission to convention sessions.**

HOTEL & TRAVEL INFORMATION

ACCOMMODATIONS

JW MARRIOTT LOS ANGELES AT L.A. LIVE

900 West Olympic Blvd, Los Angeles, CA 90015
213.765.8600

Special IDEA Room Rate. Classic Single/Double or Junior Suite: \$229 per night, plus applicable state and local taxes. Each additional person \$20, plus applicable state and local taxes.

OMNI HOTEL LOS ANGELES

251 South Olive Street, Los Angeles, CA 90012
800.843.6664 (toll-free)

There will be a complimentary shuttle going between the Omni Hotel and the Los Angeles Convention Center on all event days.

Special IDEA Room Rate. Classic Single/Double: \$159 per night, plus applicable state and local taxes. Each additional person \$20, plus applicable state and local taxes.

CHECK-IN/OUT TIME

Hotel check-in is 4:00pm and check-out is 12 Noon. Guests arriving before 4:00pm will be accommodated as rooms become available. The luggage check room can arrange to hold your bags if arriving prior to room availability and for guests attending functions on departure day.

HOTEL RESERVATION INFORMATION

Go to www.idealife.com/world and click on "Hotel Reservations" to book your hotel reservations directly with the JW Marriott Los Angeles or the Omni Hotel.

Guaranteed Reservations. Special prices are for convention attendees only. Mention that you are an IDEA attendee to receive the discounted rates. Rates are applicable 3 days before and 3 days after the convention based on availability. All reservation requests must be accompanied by a first night's deposit guaranteed with a major credit card. Deposits are refundable 21 days prior to arrival. To ensure a room reservation at the special convention rate, reservations must be received on or before **July 10, 2013**. Reservations received after **July 10, 2013** will be accepted based on availability at the hotel's prevailing published rate.

TRAVEL INFORMATION

AIRLINE TRAVEL

Special discounts are available on American Airlines. You can ticket online at www.aa.com or use your own travel agent. Make sure you reference the code below.

Online: Ticket online at www.aa.com. Enter code **8683BH** in the discount code box. Certain restrictions apply. No ticketing fee for online reservations.

Over the Phone: Please mention authorization number **8683BH**. American Airlines Meeting Desk: 800.433.1790 (Meeting desk is available 5:00-12:00am CST, 7 days per week) A \$15 ticketing fee applies to phone reservations.

PARKING* & WALKING

Los Angeles Convention Center: \$12 per day (no in/out privileges). No overnight parking.

JW Marriott Los Angeles: \$40 per day, valet only. Please allow 10 minutes of walking time to the Los Angeles Convention Center.

Omni Hotel: \$20 per day, valet only. There will be a complimentary shuttle going between the Omni Hotel and the Los Angeles Convention Center on all event days. Please allow 10 minutes drive time to the Los Angeles Convention Center.

*Fees subject to change without notice.

GROUND TRANSPORTATION

Public Transportation: Bus and rail rates will range from \$1.50-\$9.00 depending on your starting location and travel dates. Use the following website to plan your trip and determine exact costs: www.metro.net.

Super Shuttle: Special discounts are available with Super Shuttle. Please use code **TP3GV** while contacting Super Shuttle directly at 800.258.3826. Reservations can also be made at www.supershuttle.com.

Avis Car Rental: Special discounts are available with Avis Car Rental. Please use code **D028406** while contacting Avis directly at 800.633.3469. Reservations can also be made at www.avis.com. Enter code **D028406** in the coupon code box.

MAPS AND DIRECTIONS

For maps, directions and information on ground travel, please visit: www.idealife.com/world/maps or maps.google.com.



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2013 IDEA WORLD FITNESS CONVENTION™ REGISTRATION FORM

SIDE A

One form per person. Please make photocopies as necessary. Please print or type the following information.

1 ATTENDEE INFORMATION

IDEA Member #

www.ideafit.com/world

REGISTER NOW! CLICK OR TAP HERE.

NAME _____ TITLE _____

COMPANY _____

ADDRESS ☐ H ☐ B _____

CITY _____ STATE _____ ZIP _____ COUNTRY _____

☐ Check here if this is a new address for all IDEA mail.

E-MAIL _____

HOME PHONE _____

BUSINESS PHONE _____ FAX _____

☐ Check if disability services are requested. Please attach description.

Become an IDEA Member & Save!

Save money by joining IDEA today and then registering for the IDEA World Fitness Convention at the member rate. With memberships starting as low as \$99, this membership practically pays for itself!

2 MEMBERSHIP

Please skip this section if you are currently an IDEA member.

☐ YES! I want to sign up as an IDEA member and take advantage of the discounted member rate on my event registrations. My membership dues are enclosed with my registration fee.

MEMBERSHIP CATEGORY Choose one:	U.S.	Canada	International
Business	<input type="checkbox"/> \$199	<input type="checkbox"/> \$209	<input type="checkbox"/> \$229
Program Director	<input type="checkbox"/> \$179	<input type="checkbox"/> \$189	<input type="checkbox"/> \$209
Personal Trainer	<input type="checkbox"/> \$119	<input type="checkbox"/> \$129	<input type="checkbox"/> \$149
Mind-Body	<input type="checkbox"/> \$119	<input type="checkbox"/> \$129	<input type="checkbox"/> \$149
Group Fitness	<input type="checkbox"/> \$99	<input type="checkbox"/> \$109	<input type="checkbox"/> \$129
Health Professional	<input type="checkbox"/> \$99	<input type="checkbox"/> \$109	<input type="checkbox"/> \$129
Student*	<input type="checkbox"/> \$59	<input type="checkbox"/> \$69	<input type="checkbox"/> \$89

All membership fees are due in U.S. dollars. Dues include, depending on membership category: \$50 for one-year subscription to *IDEA Fitness Journal*, \$20 for one-year subscription to *IDEA Trainer Success* e-Newsletter and/or \$20 for *IDEA Fitness Manager* e-Newsletter. Publications are not available separately.

*Student members must mail proof of status as a full-time student (12 hours) in a fitness-related field.



10455 Pacific Center Court, San Diego, CA 92121-4339
800.999.4332 | 858.535.8979 | 858.713.1015 fax

YOU CAN ALSO REGISTER ONLINE AT:

WWW.IDEAFIT.COM/WORLD

CONTINUE ON SIDE B

INSPIRE THE WORLD TO FITNESS®

3 EVENT FEES

FULL CONVENTION REGISTRATION

Friday, August 8–Sunday, August 11

	Early Bird Reg. Postmarked by 6/28/13	Regular Reg. Postmarked after 6/28/13	On-site Reg.
IDEA Member	<input type="checkbox"/> \$399	<input type="checkbox"/> \$469	<input type="checkbox"/> \$549
IDEA Nonmember	<input type="checkbox"/> \$489	<input type="checkbox"/> \$559	<input type="checkbox"/> \$639
Student <small>Must be an IDEA Member</small>	<input type="checkbox"/> \$369	<input type="checkbox"/> \$429	<input type="checkbox"/> \$499

1-DAY PACKAGE

1-Day Package does not include the BE: Inspired Party.

CHOOSE ONE: ☐ Thursday ☐ Friday ☐ Saturday

	Early Bird Reg. Postmarked by 6/28/13	Regular Reg. Postmarked after 6/28/13	On-site Reg.
IDEA Member	<input type="checkbox"/> \$219	<input type="checkbox"/> \$249	<input type="checkbox"/> \$279
IDEA Nonmember	<input type="checkbox"/> \$259	<input type="checkbox"/> \$299	<input type="checkbox"/> \$309

4 PRECONFERENCE SESSIONS

Wednesday, August 7

	Early Bird Reg. Postmarked by 6/28/13	Regular Reg. Postmarked after 6/28/13	On-site Reg.
100 Leadership Skills for Personal Training and Group Fitness Directors			
IDEA Member	<input type="checkbox"/> \$99	<input type="checkbox"/> \$119	<input type="checkbox"/> \$139
Nonmember	<input type="checkbox"/> \$119	<input type="checkbox"/> \$139	<input type="checkbox"/> \$159

101 STOTT PILATES®: Advanced Matwork™			
IDEA Member	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189	<input type="checkbox"/> \$209
Nonmember	<input type="checkbox"/> \$189	<input type="checkbox"/> \$209	<input type="checkbox"/> \$229

102 Zumba®: Basic Skills Instructor Training			
IDEA Member	<input type="checkbox"/> \$210		

103 Zumba®: Basic Skills Instructor Training—En Español			
IDEA Member	<input type="checkbox"/> \$210		

104 YogaLean™ by YogaFit®			
IDEA Member	<input type="checkbox"/> \$199	<input type="checkbox"/> \$219	<input type="checkbox"/> \$239
Nonmember	<input type="checkbox"/> \$219	<input type="checkbox"/> \$239	<input type="checkbox"/> \$259

105 ACE®: Group Exercise Leadership Specialty Certification			
IDEA Member	<input type="checkbox"/> \$149	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189
Nonmember	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189	<input type="checkbox"/> \$209

106 RealRyder® Indoor Cycling: Certified Instructor Training			
IDEA Member	<input type="checkbox"/> \$189	<input type="checkbox"/> \$209	<input type="checkbox"/> \$229
Nonmember	<input type="checkbox"/> \$209	<input type="checkbox"/> \$229	<input type="checkbox"/> \$249

107 Schwinn® Cycling: Instructor Certification			
IDEA Member	<input type="checkbox"/> \$199	<input type="checkbox"/> \$219	<input type="checkbox"/> \$239
Nonmember	<input type="checkbox"/> \$219	<input type="checkbox"/> \$239	<input type="checkbox"/> \$259

108 NASM®: The New Group Fitness Is Here!			
IDEA Member	<input type="checkbox"/> \$99	<input type="checkbox"/> \$119	<input type="checkbox"/> \$139
Nonmember	<input type="checkbox"/> \$119	<input type="checkbox"/> \$139	<input type="checkbox"/> \$159

109 TRX®: Group Rip™ Training Course			
IDEA Member	<input type="checkbox"/> \$245	<input type="checkbox"/> \$265	<input type="checkbox"/> \$285
Nonmember	<input type="checkbox"/> \$265	<input type="checkbox"/> \$285	<input type="checkbox"/> \$305

110 Gray Institute: Foundations of Movement Training			
IDEA Member	<input type="checkbox"/> \$209	<input type="checkbox"/> \$229	<input type="checkbox"/> \$249
Nonmember	<input type="checkbox"/> \$229	<input type="checkbox"/> \$249	<input type="checkbox"/> \$269

111 ACE®: Metabolic Training Workshop			
IDEA Member	<input type="checkbox"/> \$149	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189
Nonmember	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189	<input type="checkbox"/> \$209

112 Tabata Bootcamp™			
IDEA Member	<input type="checkbox"/> \$199	<input type="checkbox"/> \$219	<input type="checkbox"/> \$239
Nonmember	<input type="checkbox"/> \$219	<input type="checkbox"/> \$239	<input type="checkbox"/> \$259

113 Reinventing Worksite Wellness—The Forefront of Prevention in Unfit America			
IDEA Member	<input type="checkbox"/> \$99	<input type="checkbox"/> \$119	<input type="checkbox"/> \$139
Nonmember	<input type="checkbox"/> \$119	<input type="checkbox"/> \$139	<input type="checkbox"/> \$159

114 Stability Barre™—Endurance With Music™, Level 1			
IDEA Member	<input type="checkbox"/> \$169	<input type="checkbox"/> \$189	<input type="checkbox"/> \$209
Nonmember	<input type="checkbox"/> \$189	<input type="checkbox"/> \$209	<input type="checkbox"/> \$229

5 L.A. ADVENTURES

500 Hollywood Hills Hike		
<input type="checkbox"/> IDEA Member \$55	<input type="checkbox"/> Nonmember \$65	

750 City Tour by Night		
<input type="checkbox"/> IDEA Member \$60	<input type="checkbox"/> Nonmember \$70	

815 Legendary Homes Bike Tour		
<input type="checkbox"/> IDEA Member \$65	<input type="checkbox"/> Nonmember \$75	

2013 IDEA World Fitness Convention™ REGISTRATION FORM, Side B

6 COMPANION PACKAGE \$75 per person

☐ Yes, please reserve a Companion Package for the following:

NAME (S) _____

Subtotal for Companion Package (\$75 per person): \$

7 TOTAL PAYMENT DUE

Fill in total fees for each applicable section of this registration form:

Section 2 MEMBERSHIP FEES** \$ _____

Section 3 EVENT FEES \$ _____

Section 4 PRECONFERENCE SESSIONS \$ _____

Section 5 L.A. ADVENTURES \$ _____

Section 6 COMPANION PACKAGE \$ _____

TOTAL DUE \$

8 METHOD OF PAYMENT

CHECK/MONEY ORDER # _____

(Payable to IDEA Health & Fitness Association)

CREDIT CARD: ☐ VISA ☐ MasterCard ☐ AmExpress ☐ Discover

Cardholder's Name _____ Exp. Date _____

Cardholder's Signature _____

Credit Card #

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

9 SEND THIS FORM AND PAYMENT TO:

IDEA Health & Fitness Association, 10455 Pacific Center Court, San Diego, CA 92121-4339
Or fax it to 858.535.8234

*** For membership fees, my signature above authorizes IDEA Health & Fitness Association (IDEA) to renew my membership to IDEA for the upcoming year. I understand that in the future, IDEA will provide me with continuous member benefits by automatically renewing my IDEA membership, at the then prevailing price, approximately 2 weeks before the current term expires, on the credit card designated above. Each year, IDEA will e-mail me a renewal statement 4-6 weeks prior to my renewal, and at that time I can make any changes or cancel my membership.

Cancellation Policy for IDEA Events

100% Satisfaction Guaranteed—Register Risk-Free! If you attended an IDEA event, but were not satisfied, you may receive a complete refund. To request a refund, it must be in writing. Please state what the issue was.

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FREE 1-Year Membership*

for nonmembers who register for the
IDEA World Fitness Convention

*This offer cannot be combined with any other offer or special pricing, has no cash value and cannot be used for refunds or credits. International attendees will receive an e-membership. Offer valid only for nonmembers of IDEA who are registering for the 2013 IDEA World Fitness Convention at the full nonmember rate. Renewal rate will be at standard rates.



HEALTH & FITNESS ASSOCIATION

10455 Pacific Center Court • San Diego, CA 92121-4339

www.ideafit.com/world

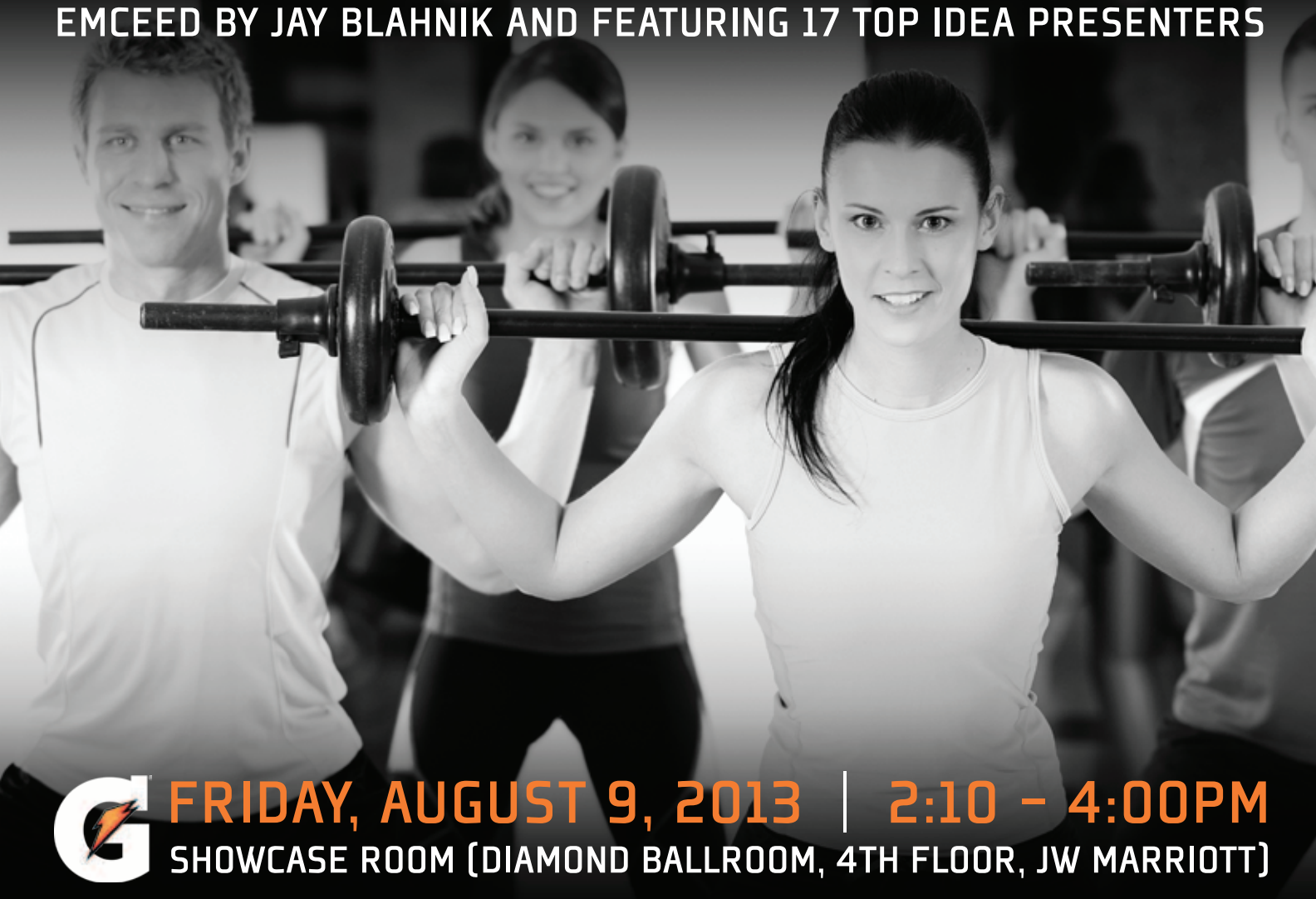
REGISTER NOW! CLICK OR TAP HERE.

2013 IDEA World Fitness Convention™

AUGUST 7-11, 2013 • LOS ANGELES, CA

JOIN US

IDEA ALL-STAR PRESENTER BOOT CAMP BLOWOUT
EMCEED BY JAY BLAHNIK AND FEATURING 17 TOP IDEA PRESENTERS



FRIDAY, AUGUST 9, 2013 | 2:10 – 4:00PM
SHOWCASE ROOM (DIAMOND BALLROOM, 4TH FLOOR, JW MARRIOTT)

Proud to be the official sports fueling sponsor of the 2013 IDEA World Fitness Convention