

IDEA® Personal Trainer Institute - South

April 5th to 8th, 2018 - Dallas, Texas

Session Number	Session Title	Session Type	Presenters	Session Length	Approval Agencies																					
					ACE	ACSM	ACTION	AFAA	APFA	BCRPA	CHEK	CI	IFPA	ISSA	NACF	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NCSA	NSPA	PTAG	
TIME BLOCK A - Thursday, April 5th PRECONFERENCE SESSIONS																										
500	TRX®: Functional Training Course	WS	Chris Nentatz	9 hours	0.7	7.0	0.8	9.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	0.8	0.9	0.8	8.0	4.0	0.8	8.0	1.50	0.8	8.0	8.0
501	NASM® Movement Mechanics - The Role of Stability and Mobility	WS	Fabio Comana, MA, MS Mike Fanigrassi	7 hours	0.6	6.0	0.6	7.0	6.0	6.0	6.0	6.0	6.0	6.0	0.6	0.7	0.6	6.0	3.0	0.6	6.0	1.25	0.6	6.0	6.0	6.0
502	Functional Agile Specific Certification	WS	Cody Sipe, PhD	9 hours	0.8	8.0	0.8	9.0	8.0	8.0	8.0	8.0	8.0	8.0	0.8	0.9	0.8	8.0	4.0	0.8	8.0	1.50	0.8	8.0	8.0	8.0
503	BOBUP® Skills and Drills for Group Personal Training Certification	WS	Jessica Maurer	7 hours	0.6	6.0	0.6	7.0	6.0	6.0	6.0	6.0	6.0	0.6	0.7	0.6	6.0	3.0	0.6	6.0	1.25	0.6	6.0	6.0	6.0	
TIME BLOCK B (6:15PM - 7:15PM) - Thursday, April 5th - OPENING GENERAL SESSION																										
550	Create WOW in your Business and Life Sponsored by Perform Better®	L	Todd Durkin, MA Chris Porter	1 hours	0.1	1.0	0.1	1.0	1.0	1.0	1.0	1.0	1.0	0.1	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0	1.0	
TIME BLOCK C (8:30 - 10:30am) - Friday, April 6th																										
601	Fascial Release and Neural Muscular Training to Unlock Your Performance Potential, Powered by SKIZ®	WS	Michael Cummings	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
602	BOBUP®: Re-inventing Interval Training	WS	Helen Vanderburg	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
603	TRX®: Power and Explosiveness	WS	Shana Versteegen	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
604	The Female Lumbo-Pelvic Complex	WS	Farel Huska	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
605	Your Brand Is a Story. Tell It.	L	Trina Gray	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
606	Move, Train, Play: How to Create an Unparalleled Training Experience	L	CHRIS STEVENSON Michela Raagas	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
607	Social Media: Mastering the Basics	L	Jessica Maurer	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
608	Training Volume Versus Intensity-Get the Latest Scoop	L	Fabio Comana, MA, MS	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
TIME BLOCK D (11:10am - 12:40pm) - Friday, April 6th																										
620	Powerful Functional Circuits for Older Adults	WS	Cody Sipe, PhD	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
621	Postpregnancy Training Solutions	WS	Kristen Horler	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
622	BOBUP®: Stability Ball Overhaul	WS	Helen Vanderburg Deana Kehl	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
623	TRX®: Strength	WS	Chris Nentatz	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
624	Strategies for Lower-Extremity Injuries, by Gray Institute®	WS	Logan Schwartz Keith Bozyk	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
625	Upper-Extremity Mechanics and Technique	L	Fabio Comana, MA, MS	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
626	Spice Up Your Leadership: Three Recipes for Success	P	Greg Justice Trina Gray Ashley Selman, MA	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
627	Smart and Sustainable Meal Planning	L	Adam Felt	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
628	Using Technology to Maximize Results in Your Client's Training Program	L	Travis Barnes	1 hours 30 min	0.1	1.0	0.15	1.0	1.5	1.5	1.5	1.5	1.5	0.15	0.15	0.1	1.5	1.5	0.15	1.5	0.25	0.2	1.5	1.5	1.5	
TIME BLOCK E (2:15pm - 4:05pm) - Friday, April 6th																										
640	Dynamic Core and Balance Circuits for Boomers	WS	Derek Mikulski Cody Sipe, PhD	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
641	LTS™: Small-Group Training Ideas and Inspiration!	WS	Todd Durkin, MA Marc Lebert	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
642	Renegade: Athletic Circuits Revisited, by Hedstrom Fitness®	WS	Helen Vanderburg Deana Kehl	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
643	TRX®: High-Intensity Interval Training Evolved	WS	Shana Versteegen	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
644	Boomers From Prehab to Rehab	WS	Leslie Bender	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
645	Studio Owner Recharge!	L	Ashley Selman, MA	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
647	Mobility and Flexibility-Research and Application	L	Fabio Comana, MA, MS	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
648	Fat Loss: The Strategies That Really Work	L	Adam Felt	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
TIME BLOCK F (4:25pm - 6:15pm) - Friday, April 6th																										
660	Core Connections	WS	Chuck Wolf, MS	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
661	LTS™: THE COMPLETE Approach to Boot Camp	WS	Marc Lebert	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
662	Insurgint® by Hedstrom Fitness®	WS	Jessica Maurer Deana Kehl	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
663	TRX®: Reload and Recharge for Performance	WS	Chris Nentatz Cheryll Hubbard	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
664	TriggerPoint™: The Science of Myofascial Release	L/WS	Brandon Wagner	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
665	Stay Financially Fit: Create More Revenue Streams	L	Trina Gray	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
666	5 Steps for Overcoming Obstacles in Business and Life	L	Travis Barnes	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
667	Fitness for the Brain at Any Age	L	Brett Kilka Cody Sipe, PhD	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
668	Fueling for Fitness: Whole-Food Nutrition	L	Kristen Horler	1 hours 50 min	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
TIME BLOCK G (8:30am - 10:30am) - Saturday, April 7th																										
700	Balanced Body® Essential Seven: Correcting Poor Posture	WS	Brian Richey Nora St. John, MS	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
702	The Warm-Up Makeover: Starting With a Bang!	WS	Brett Kilka	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
703	TRX®: Advanced Programming-Fitting It All Together	WS	Shana Versteegen	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
704	Global Functional Assessment Versus Local Assessments, by Gray Institute®	WS	Logan Schwartz Keith Bozyk	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
705	Calling All Authors: Find the Book Inside You	L	Greg Justice	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
706	Prenatal Exercise: Should She or Shouldn't She?	L	Farel Huska	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
707	Marketing Your Training Business	L	Trevor Ackerman	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	2.0	
708	What's Trending in Nutrition?	L	Jenna Bell, PhD, RD Jack Graham	2 hours	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	0.2												