



Personal Trainer

SAMPLE SCHEDULE

June 28–July 1, 2018 • San Diego, California

TIME BLOCK	SESSION NUMBER	SESSION TITLE	TYPE	PRESENTER
THURSDAY, JUNE 28				
C	204	Small-Group Athletic Fusion	WORKOUT	Michael Piercy
D	227	NASM Mobility and Stability, Joint by Joint	WORKSHOP	Marty Miller
E	<i>Opening Ceremonies</i> Keynote Presentation & Awards			
F	IDEA World Fitness & Nutrition Expo			
G	267	Fat Frenzy: The Top-Secret Life of a Fat Cell (ACE Mover Academy)	LECTURE	Len Kravitz, PhD
H	290	IDEA World MEGA Circuit <i>Special Time 4:30–5:30pm</i>	WORKOUT	Alex Isaly
I	302	Redefining Strength: Core Progression System	WORKSHOP	Adam Jongsma
FRIDAY, JUNE 29				
J	408	The Female Glute Relocation Program	WORKSHOP	Michael Cummings and Farel Hruska
K	432	TD's EPIC Workout Experience!	WORKOUT	Todd Durkin, MA
L	IDEA World Fitness & Nutrition Expo			
M	476	The Science and Art of Program Design	WORKSHOP	Peter Twist, MSc
O	516	Fascial Line Mobility <i>Special Time 4:30–6:00pm</i>	WORKSHOP	Helen Vanderburg
SATURDAY, JUNE 30				
P	605	The Warm-Up Makeover: Start with a Bang!	WORKSHOP	Brett Klika
Q	639	TriggerPoint™ Corrective Strategies for the Foot and Ankle	WORKSHOP	Kyle Stull, DHSc
R	IDEA World Fitness & Nutrition Expo			
S	693	The Online Fitness Frontier	LECTURE	Vito LaFata
U	715	Transverse Plane: The Plane of Power and Pain <i>Special time 4:15–6:00pm</i>	WORKSHOP	Anthony Carey, MA, and Paul Edmondson
SUNDAY, JULY 1				
W	809	Food Vs Supplements: Facts and Fallacies	LECTURE	Kamal Patel
X	820	ACE: Client-Centric Program Design With the Integrated Fitness Training Model™ (ACE Mover Academy)	LECTURE	Anthony Wall, MS