

EDUCATION SCHEDULE

KEY

L LECTURE
WS WORKSHOP *Combination of lecture & movement*
WO WORKOUT *Workouts do not qualify for CECs*

BUSINESS & PROFESSIONAL DEVELOPMENT
 Includes: Marketing, Social Media, Online Training and Online Programs, Sales, Management, Technology, Personal Growth

TRAINING SCIENCE
 Includes: Exercise Science, Corrective Exercise, Anatomy, Fascia and Self-Myofascial Release, Mobility and Stability, Injury Prevention, Rehabilitation

TRAINING GROUPS
 Includes: Small- and Large-Group Training, Circuits, Sports Conditioning

TRAINING TECHNIQUES
 Includes: Core, Functional Training, HIIT, Assessment, Program Design, Strength, Suspension Systems, Specialized Equipment

NICHE POPULATIONS
 Includes: Older Adult/Active Aging, Females, Other Specific Concerns

NUTRITION AND BEHAVIOR CHANGE
 Includes: Nutrition, Behavior Change, Health Coaching, Weight Loss

THURSDAY, MARCH 5

TIME BLOCK A
PRECONFERENCE SESSIONS
 See session for exact time
 Up to 8 CEC hours

101 The Digital Fitness Blueprint: The Step-by-Step Formula to Launch Your First Online Coaching Program **L LA FATA/RENDERER LA FATA**
 Special time: 9:00am-6:00pm

103 NASM: Advanced Assessments and Self-Myofascial Release Techniques **ws AMBLER-WRIGHT/R. RICHEY/STULL**
 Special time: 11:00am-6:00pm

102 Functional Movement Certification, Powered by Balanced Body® **ws GONZALEZ/VANDBURG** Special time: 9:00am-6:00pm
103 NASM: Advanced Assessments and Self-Myofascial Release Techniques **ws AMBLER-WRIGHT/R. RICHEY/STULL**
 Special time: 11:00am-6:00pm

100 Functional Aging Specialist Certification **ws SIPE**
 Special time: 8:30am-5:30pm

TIME BLOCK B
 6:30-7:30pm
 Up to 1 CEC hour

KEYNOTE PRESENTATION—OPEN TO ALL ATTENDEES
The Cave You Fear to Enter: Grow Your Personal Training Business by Being Unapologetically You
 Presented by **Mark Fisher**

FRIDAY, MARCH 6

TIME BLOCK C
 7:00-8:00am
 Workouts do not qualify for CECs

200 STRONG 30™: Action-Packed HIIT Workout **wo PICKETT**

TIME BLOCK D
 8:15-10:15am
 Up to 2 CEC hours

219 Double Your Income With Authentic Selling **L LA FATA**

215 Cognified Fitness for Optimal Aging **ws SIPE**
217 Metabolic Conditioning With Nine Monster Workouts **L KRAVITZ/MANG**
218 Metabolism and Fat: Science and Application **L COMANA**

210 Keiser®: Power Circuit **ws POPOWYCH**
212 BOSU® + Bar: Grip, Tip, Flip and Strip **ws GONZALEZ**

212 BOSU® + Bar: Grip, Tip, Flip and Strip **ws GONZALEZ**
213 TRX®: Functional Training Coaching Workshop **ws QUELCH**
214 Movement Prep **ws BETTENDORF**
220 Eight Essentials of Highly Effective Program Design **L AMBLER-WRIGHT**

211 Corrective Exercises for Active Agers **ws VANDERBURG**
215 Cognified Fitness for Optimal Aging **ws SIPE**

216 Coaching Conversations: The Missing Tool **L FISHER**

TIME BLOCK E
 10:35am-12:05pm
 Up to 2 CEC hours

236 Social Media Marketing Made Easy **L RENDERER LA FATA**
239 Strategies for Starting Your Business **L HOLLOWAY**
240 Get Out of Your Own Way **L FABLE**

233 Assessment and Corrective Strategies for Optimal Movement, Powered by TRX® **ws NENTARZ**
234 Corrective Strategies for Hip Impairments **ws STULL**
235 Percussion and Vibration Therapy: A New Wave in Recovery **ws BANKSTON/WERSLAND**
237 Pelvic Floor Dysfunction: Five Key Exercises **L PULEO**

232 Athletic Circuit Unleashed **ws MAGEE/PIERCY**

231 Metabolic Reset—The New Cardio! **ws COSGROVE**
232 Athletic Circuit Unleashed **ws PIERCY/MAGEE**

230 Keiser®: Ageless and Age-Full **ws POPOWYCH**
237 Pelvic Floor Dysfunction: Five Key Exercises **L PULEO**

238 Are All Calories Equal? Caloric Quality Versus Caloric Quantity? **L COMANA**

TIME BLOCK G
 1:30-3:30pm
 Up to 2 CEC hours

267 Six Success Secrets for Women in Leadership **L FABLE**

261 Partner-Assisted Stretching: Systematic Stretching for Neuromuscular Efficiency **ws R. RICHEY**
264 Corrective Strategies for Foot and Ankle Impairments **ws STULL**
268 Three Pillars of Sustainable Client Results **L FISHER**
269 Anatomy in Three Dimensions™: Fascial Connections in the Core **L B. RICHEY**

260 Foundations 360 **ws STAHL**

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262 Lats, Traps and Glutes—Training the Back Line **ws GONZALEZ**
263 Movement as a Vital Sign, Powered by TRX® **ws NENTARZ**
270 Advancing the Biomechanical Model of Training **L BETTENDORF**

265 Powerful Aging: Stop Loading, Start Exploding **ws SIPE**

266 Create Better Nutrition Plans **L KOFF**
268 Three Pillars of Sustainable Client Results **L FISHER**

TIME BLOCK I
 4:25-6:15pm
 Up to 2 CEC hours

310 How to Set Up and Grow Your Online Personal Training Business **L CARR**

304 Pre- and Postnatal Fitness: Training for Motherhood **ws LUNGREN**
306 Women, Hormones, Metabolism and Energy Expenditure: Unraveling a Complex Puzzle **L KRAVITZ**
309 Anatomy in Three Dimensions™: The Hip **L B. RICHEY**

301 Strong: How to Design and Coach an Effective Strength-Training Group Class **ws COSGROVE**

300 Upper-Extremity Mechanics and Technique **ws COMANA**
302 Training the Corporate Athlete **ws PIERCY**
303 TRX®: Beyond the Basics—The Evolution of Suspension Training® **ws QUELCH/VERSTEGEN**
305 Customize Fitness Programs and Choose the Best Exercises for Every Client **ws BURTON**

304 Pre- and Postnatal Fitness: Training for Motherhood **ws LUNGREN**
306 Women, Hormones, Metabolism and Energy Expenditure: Unraveling a Complex Puzzle **L KRAVITZ**

307 BLAME: Client Excuses for Not Exercising and Solutions to Retrain Their Behaviors **L R. RICHEY**
308 What You Don't Know About Your Clients Is Keeping Them From Better Results **L KOFF**

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SATURDAY, MARCH 7

TIME BLOCK K

8:15–10:15am
Up to 2 CEC hours

417 My Social Media Experiment: From 1K–10K in 1 Year on Instagram **L JACOBSON**
418 Specialty Camps for the Win **L GRAY**

414 Self-Care Strategies for the Shoulder **ws CORN**
416 Cardio Training Revisited: Bridging Science With Practice **L COMANA**
420 Weight Loss Surgery: How to Help, Not Hurt...What You Need to Know **L B. RICHEY**

411 Circuit Training Reconstructed **ws VANDERBURG**
413 Resistance Band Resurgence **ws POPOWYCH**

410 Glute Training From Beginner to Advanced **ws JOHNSON**
412 BOSU®: Stability Ball Overhaul **ws LENART**
413 Resistance Band Resurgence **ws POPOWYCH**
415 A Common-Sense Approach to Correcting Movement **ws BURTON**

420 Weight Loss Surgery: How to Help, Not Hurt...What You Need to Know **L B. RICHEY**

419 Myths and Misconceptions of Balancing Hormones for Weight Loss **L BUBBS**

TIME BLOCK L

10:35am–12:05pm
Up to 2 CEC hours

437 Setback to Comeback: The Fall and Rise of the Middle-Aged Athlete **L QUELCH**
438 Earn More. Worry Less. **L COSGROVE**

431 Fascia Facts and Myths **ws VANDERBURG**
436 Long-Term Successes of Biomarker Testing With Blueprint for Athletes™ **L PATEL**
439 HIIT Beyond Your MAX! **L KRAVITZ/NUNEZ**

432 Improve Performance With Instability Techniques **ws SNOWDEN**
433 Body Weight Boot Camp **ws M. MYLREA**

430 The Get-Up **ws MARKER**
434 Raw Functional Training (RFT®) **ws MCDONOGH**
435 Bender Ball® Core: Never Crunch Again! **ws BENDER**
440 Cue Your Way to Success **L HOLMAN**

437 Setback to Comeback: The Fall and Rise of the Middle-Aged Athlete **L QUELCH**

TIME BLOCK M

12:15–1:15pm
Workouts do not qualify for CECs

450 LUNCH SEMINAR: Structuring Your Online Personal Training Business With My PT Hub® **L AGNEW/CARR**

451 Sport Circuit Workout **wo PIERCY**

TIME BLOCK N

1:30–3:30pm
Up to 2 CEC hours

468 Wildly Profitable Personal Trainer, Powered by TRX® **L QUELCH**
469 Advance Your Business With Wearable Tech **L KERR/SOBIEK**

463 Recovery: Helping Tissues Heal and Repair **ws CORN**
464 I Am Ageless Now™: Functional Flexibility and Mobility **ws BENDER**
465 Breathe for Health and Performance **ws VANDERBURG**
470 Advanced Spinal Rehabilitation: Conditions, Correctives and Solutions **L B. RICHEY**

460 Code R.E.D. —Inclusive, Variable-Intensity Training **ws LENART**

461 The Kettlebell Swing: The Exercise for All Athletes **ws MARKER**
462 BOSU® Toolbox **ws WEIGELT**

464 I Am Ageless Now™: Functional Flexibility and Mobility **ws BENDER**
467 HIIT for Clients With Obesity **L BATRAKOULIS**
470 Advanced Spinal Rehabilitation: Conditions, Correctives and Solutions **L B. RICHEY**

466 Simple, Selfish and Hungover—Changing Behaviors to Find Success **L BUBBS**

TIME BLOCK P

4:25–6:15pm
Up to 2 CEC hours

497 Five Keys to Fitness Leadership Mastery **L MCDONOGH**
500 Hitting Your Studio's Profit Goals **L SELMAN**

494 The Role of the Nervous System in Mobility **ws BETTENDORF**
495 Keep Your Knees! **ws BENDER**
498 Controversies in Resistance Training: Solved **L KRAVITZ**

490 Bringing Back Foundation Strength Training: Uncomplicating Your Training for Optimal Results **ws JOHNSON**
492 Holistic Core Training for Real Clients **ws BATRAKOULIS**
493 Foundational Movement Assessment **ws HOLMAN**

491 Functionally Fit Seniors **ws B. RICHEY**
499 Training the Female Athlete, Powered by TRX® **L VERSTEGEN**

496 Protein Master Class: Health, Performance and Weight Loss **L BUBBS**

SUNDAY, MARCH 8

TIME BLOCK Q

8:00am–10:50am
Up to 3 CEC hours

604 Gain Freedom by Getting Online **L GRAY**

601 Foundational Movement Anatomy and Kinesiology Modeling **ws HOLMAN**

600 The 3D Fascial Core **ws BENDER**

603 Translating Science Into Application: Working With Special Population Clients **L BATRAKOULIS**

602 101 Ways to Transition to a Whole-Food, Plant-Based Diet **L B. MYLREA/M. MYLREA**

TIME BLOCK R

11:00am–1:00pm
Up to 2 CEC hours

614 The Evolution of Your Fitness Career **L BOTTESCH/SELMAN/WILLIAMS**

611 Essential Seven: Bulletproof Your Back—Lower-Back Pain (Re)Solved **ws B. RICHEY**

612 Weight Loss Versus Fat Loss: Clinical Applications **L JOHNSON**

610 Functional Flexibility for the Active Aging **ws BENDER**

613 The Hows and Whys of Fasting **L B. MYLREA/M. MYLREA**