

ROOM	NASM ROOM	UNDER500 ROOM	TRX ROOM	QOOAH.AE ROOM	WOODWAY ROOM	ROCKTAPE ROOM
TIME						
08:30 AM TO 10:00 AM	<p>BACK IN ACTION – A THREE STAGE SPINAL STRATEGY FOR RECOVERY AND PROTECTION Daniel Lawrence</p>	<p>CREATE YOUR OWN POD PROGRAMMING Aaron Laurence</p>	<p>GAINS AND HYPERTROPHY Miguel Vargas</p>	<p>OPTIMUM PERFORMANCE TRAINING MODEL OVERVIEW Wendy Batts</p>	<p>THE COUNTERINTUITIVE PSYCHOLOGY OF HUMAN MOTIVATION Peter Turner</p>	<p>HANDSTAND AND MOBILITY WORKSHOP Marina Pavlenko</p>
15 MIN BREAK						
10:15 AM TO 11:45 AM	<p>IF YOU'RE NOT ASSESSING, YOU'RE GUESSING! Ken Miller</p>	<p>STOP SHIFTING WEIGHT AND HIT THE CLUB! Remi Venecht</p>	<p>STRENGTH & POWER! Hussein Abdeldayem</p>	<p>THE PALEO DIET CREATING SUPERMAN ON CAVEMAN FOOD Benjamin Siong</p>	<p>THE DIABETIC CLIENT Mohammed Kader</p>	<p>STRENGTH TRAINING THROUGH ANIMAL FLOW Parveez Mohammed</p>
15 MIN BREAK						
12:00 PM TO 01:30 PM	<p>NOT ALL RANGE OF MOTION IS CREATED EQUAL Ken Miller</p>	<p>ANIMAL FLOW FOR MOBILITY Parveez Mohammed</p>	<p>TRX IN 90 Miguel Vargas</p>	<p>FROM PAIN TO PERFORMANCE THE COMPLETE KNEE-HAB JOURNEY Chris Bowman</p>	<p>KEEP UP WITH THE FITNESS INNOVATION Jose Trexeria</p>	<p>DYNAMIC AIR COMPRESSION FOR FASTER RECOVERY Remi Venecht</p>
1 HOUR LUNCH BREAK SPONSORED BY MUSCLETECH						
02:30 PM TO 04:00 PM	<p>LET'S GET TO THE CORE OF IT! Wendy Batts</p>	<p>DYNAMIC POSTURE TAPING – CHANGING MOVEMENT PATTERNS Daniel Lawrence</p>	<p>HIPS DON'T LIE! IMPROVE YOUR MOBILITY & END-RANGE STRENGTH Ryan Thomas</p>	<p>PERIODIZATION FOR PHYSIQUE TRANSFORMATION Benjamin Siong</p>	<p>HABIT BUSTING REPROGRAM YOURSELF AND YOUR CLIENTS Pete Cohen</p>	<p>LEARN THE KING OF KETTLEBELL EXERCISES - THE SNATCH Natalie Safa</p>
15 MIN BREAK						
04:15 PM TO 05:15 PM	<p>CORRECTIVE EXERCISE STRATEGIES FOR SHOULDER DYSFUNCTION Ken Miller</p>	<p>YBELL HIGH INTENSITY - NOT THE WAY YOU KNOW IT Aaron Laurence</p>	<p>I FEEL THE NEED FOR SPEED! Hussein Abdeldayem</p>	<p>PRE-NATAL EXERCISE CONSIDERATIONS FOR THE MOM TO BE! Gemma Ovens</p>	<p>BREATHING: THE GAME CHANGER FOR IMPROVING HEALTH & WELLNESS Nestor Balart</p>	<p>LIGHT UP YOUR SENSES Ryan Thomas</p>
15 MIN BREAK						
05:30 PM TO 06:30 PM	<p>FITNESS EXPERTS Q & A</p>	<p>PILLARS OF PERFORMANCE - THE ELITE METHOD Chris Bowman</p>	<p>FROM COUCH TO CHAMPION - TRANSFORM YOUR CLIENT TO IRONMAN STATUS Hannes Loubser</p>	<p>RETHINKING WELLNESS MAKING CORPORATE WELLNESS WORK Pete Cohen</p>	<p>IS LIVING TISSUE DESIGNED TO BE STRETCHED? Paul Thornley</p>	<p>BUILD MUSCLE FASTER, GET STRONGER, RECOVER QUICKER - FIND OUT HOW TO! MuscleTech University</p>

ROOM	NASM ROOM	GYM FOOD ROOM BUILD IT UP	TRX ROOM	QOOAH.AE ROOM	WOODWAY ROOM	ROCKTAPE ROOM Go Stronger, Longer
TIME						
08:30 AM TO 10:00 AM	PROGRAM DESIGN FOR SPORTS PERFORMANCE Ken Miller	KNEE SURGERY? PERHAPS NOT! EVIDENCE & EXERCISE FOR NEEDY KNEES Daniel Lawrence	TRANSFORM YOUR CLIENTS TO ATHLETES Miguel Vargas	10 STRATEGIES TO LOSE FAT AND KEEP IT OFF! Benjamin Siong	SESSION IN ARABIC الانفعال العضلي و التمارين DIASTASIS RECTI AND EXERCISE Zena Habi	MIXED MARTIAL ARTS FOR FITNESS Marcos Rossi
15 MIN BREAK						
10:15 AM TO 11:45 AM	FUN CONDITIONING BLASTS FOR THE ANTI-CARDIO CLIENT Wendy Batts	THE 4 IN 1 TRAINING SYSTEM Aaron Laurence	DNA ACTIVE - HARNESS THE POWER OF YOUR DNA TO ACHIEVE PEAK PERFORMANCE Scott Larson	SHUT THE DUCK UP! MENTAL STRENGTH TO PERFORM AT YOUR BEST Pete Cohen	SESSION IN ARABIC احصل على هضم صحي HEAL YOUR GUT Asoo Palany	SELF-DEFENSE FOR EVERYONE Marcos Rossi
15 MIN BREAK						
12:00 PM TO 01:30 PM	WALKING THE TIGHTROPE OF STABILITY AND MOVEMENT Ken Miller	SHOULDER SOLUTION - LEARN SOME NEW STRATEGIES TO QUICKLY REDUCE SHOULDER PAIN Daniel Lawrence	ELASTIC RESISTANCE, NOT A BOOTY THING Miguel Vargas	BUILDING MUSCLE WHILE LOSING FAT. IS IT EVEN POSSIBLE? Benjamin Siong	SESSION IN ARABIC تنفيس لجذع أقوى BREATHING FOR A STRONGER CORE Zena Habi	DO YOU EVEN SWING?! KETTLEBELL CLINIC Natalie Safa
1 HOUR LUNCH BREAK						
02:30 PM TO 04:00 PM	IMPORTANCE OF PROPER GLUTE TRAINING Wendy Batts	SESSION IN ARABIC هل من الممكن زياده سرعتنا؟ THE NEED FOR SPEED! Hussein Abdeldayem	SO YOU THINK YOU KNOW CORE STRENGTH? Ryan Thomas	BREATHING: THE GAME CHANGER FOR IMPROVING SPORTS PERFORMANCE Nestor Balart	HOW TO CREATE YOUR FANTASTIC FUTURE Pete Cohen	THE NEW MOM'S GUIDE TO POST NATAL EXERCISE Gemma Ovens
15 MIN BREAK						
04:15 PM TO 05:15 PM	PHASE 1 STABILIZATION TRAINING: THE FIRST STEP TO STRENGTH Wendy Batts	YBELL MOBILITY AND STRENGTH TRAINING Aaron Laurence	SESSION IN ARABIC ما هي القوة؟ STRENGTH AND POWER Hussein Abdeldayem	GREEN SMARTS - WHAT YOU SHOULD KNOW ON A PLANT BASED DIET Benjamin Siong	GAIN THE WELLNESS APPROACH AS A PERSONAL TRAINER Marina Pavlenko	THE MYTHICAL CORE - MYOFASCIAL LUMBAR INTEGRITY REIMAGINED Paul Thornley