

TIME		ROOM 1	ROOM 2	ROOM 3	ROOM 4	ROOM 5	ROOM 6
08:30 AM TO 10:00 AM	STREAM	ATHLETIC TRAINING	FUNCTIONAL TRAINING	HYPERTHROPHY	MINDSET/BUSINESS	REHAB/CORRECTIVE EXERCISE	MOBILITY
	SESSION TITLE	PERIODIZATION AN ATHLETIC MODEL	MOVEMENT MADE BETTER	HOW TO ACHIEVE CONSISTENT INDUSTRY LEADING TRANSFORMATIONS	HOW TO INCREASE YOUR NPS IN TECHNICAL INTERACTION	HOW TO BULLETPROOF YOUR POSTURE AND JOINTS FOR PAIN FREE BODY!	THE MOBILITY SPECIALIST COURSE
	Presenter	Andy Hanley	Paul Edmonson	Ross Gilmour	Jose Manuel Teixeira	Adam Trojanowski	Mike Cummings
	Session Type	Theory	Practical	Theory	Theory	Theory & Practical	Practical
15 MIN BREAK							
10:15 AM TO 11:45 AM	STREAM	FUNCTIONAL MEDICINE	MOBILITY	HYPERTHROPHY	REHAB/CORRECTIVE EXERCISE	ATHLETIC TRAINING	NEUROATHLETIC TRAINING
	SESSION TITLE	NUCLEOTIDES: LEGAL DOPING	HIP MOBILITY AND FUNCTION	WOMEN ARE NOT SMALL MEN: COACHING THE FEMALE PHYSIQUE	BULLETPROOF YOUR FEET	UNLEASH ATHLETIC POTENTIAL: OPTIMAL FUNCTIONAL TRAINING	REACTIVE INTELLIGENCE
	Presenter	Dr. Peter Koepfel, PhD	Paul Edmonson	Ross Gilmour	Roberto Melani	Johnny Nemer	Mike Cummings
	Session Type	Theory	Practical	Theory	Theory	Practical	Practical
15 MIN BREAK							
12:00 PM TO 01:30 PM	STREAM	NUTRITION	ATHLETIC TRAINING	FUNCTIONAL MEDICINE	REHAB/CORRECTIVE EXERCISE	MOBILITY	FUNCTIONAL TRAINING
	SESSION TITLE	EATING TO LIVE OR LIVING TO EAT WHAT'S THE MISSING LINK?	EXPLORE THE CORE A SPINAL PERSPECTIVE	ARE YOU A LEAN MEAN BUT BLOATED MACHINE?	GETTING KEVIN DURANT BACK TO HIS BEST USING THE QBANDS	TRIGGERPOINT PERFORMANCE SPECIALIST	FOUNDATION FIRST: KETTLEBELL FUNDAMENTALS BEFORE MOVEMENT MASTERY
	Presenter	Benjamin Siong	Andy Hanley	Dr. David Brady, ND	Dr. Andy Barr	Mike Cummings	Wayne Du Plessis
	Session Type	Theory	Theory & Practical	Theory	Theory	Practical	Practical
1 HOUR LUNCH BREAK							
02:30 PM TO 04:00 PM	STREAM	ATHLETIC TRAINING	REHAB/CORRECTIVE EXERCISE	MINDSET/BUSINESS	REHAB/CORRECTIVE EXERCISE	MEDICAL FITNESS	FUNCTIONAL TRAINING
	SESSION TITLE	DEVELOPING EXPLOSIVE SPORTS SPECIFIC ACTIONS USING QBANDS EXERCISES	BAREFOOT THERAPY & BALANCE FOR THE ACTIVE AGING CLIENT	5 PILLARS OF FITNESS BUSINESS SUCCESS	CONTROL TO CHAOS- REHABBING THE ELITE ATHLETE BACK TO COMPETITION	THE ROLE OF DIAPHRAGMATIC BREATHING FOR PRE/POSTNATAL CLIENTS	TRX FOR LOWER BACK PAIN - PREVENTION & REHAB
	Presenter	Dr. Andy Barr	Roberto Melani	Mark Coles	Chris Bowman	Gemma Ovens	Paul Edmonson
	Session Type	Theory & Practical	Theory & Practical	Theory	Theory	Theory & Practical	Practical
15 MIN BREAK							
04:15 PM TO 05:45 PM	STREAM	HYPERTHROPHY	REHAB/CORRECTIVE EXERCISE	REHAB/CORRECTIVE EXERCISE	MINDSET/BUSINESS	MEDICAL FITNESS	FUNCTIONAL TRAINING
	SESSION TITLE	WORKOUT MYTHS – REASONS YOU'RE NOT SEEING RESULTS	USING THE QBANDS TO REDUCE MOVEMENT RELATED INJURY RISK FACTORS + OPTIMIZE ATHLETE HEALTH	ROCKTAPE SESSION 1	FITNESS MARKETING AGENCY 1	RETURNING TO RUNNING/HIIT FOR POSTPARTUM CLIENTS	TRX FOR FUNCTIONAL MOBILITY, AND STRENGTH
	Presenter	Benjamin Siong	Dr. Andy Barr	Daniel Lawrence	Luke Robison and Ben Davis	Gemma Ovens	Paul Edmonson
	Session Type	Theory	Theory & Practical	Theory & Practical	Theory	Theory & Practical	Practical



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08:30 AM TO 10:00 AM	STREAM	HYPERTHROPHY	ATHLETIC TRAINING	ARABIC SESSION	FUNCTIONAL MEDICINE	MOBILITY	FUNCTIONAL TRAINING
	SESSION TITLE	PREPPING THE FEMALE FITNESS COMPETITOR	AGILITY ABILITY THE DEVELOPMENT OF GAME SPEED	قم بتحرير القوة مع التمارين الانفجارية: ندوة حول تحسين الأداء	HOW TO SUPERCHARGE THE ATHLETE - INSIDE OUT	SHOULDER MECHANICS -YOUR SHOULDER HAS BEEN SADLY MISUNDERSTOOD	TRX RECOVERY AND RESTORATION STRATEGIES TO UPGRADE HEALTH AND HUMAN PERFORMANCE
	Presenter	Benjamin Siong	Andy Hanley	Johnny Nemer	Florent Motta, MSc	Wayne Du Plessis	Paul Edmonson
15 MIN BREAK							
10:15 AM TO 11:45 AM	STREAM	REHAB/CORRECTIVE EXERCISE	FUNCTIONAL TRAINING	MINDSET/BUSINESS	HYPERTHROPHY	MOBILITY	ATHLETIC TRAINING
	SESSION TITLE	ALL ABOUT THE ANKLE	ROTATIONAL POWER AND STRENGTH	FITNESS MARKETING AGENCY 2	MAY THE FORCE OPPOSE YOU: THE ONE TRUE FOUNDATION FOR UNDERSTANDING ALL EXERCISE	COGNITIVE AGILITY	OLYMPIC LIFTING FOR ATHLETES
	Presenter	Roberto Melani	Paul Edmonson	Luke Robison and Ben Davis	Ross Gilmour	Mike Cummings	Johnny Nemer
15 MIN BREAK							
12:00 PM TO 01:30 PM	STREAM	NUTRITION	MOBILITY	ARABIC SESSION	ATHLETIC TRAINING	MOBILITY	NEUROATHLETIC TRAINING
	SESSION TITLE	SUPPLEMENTING FOR THE OPTIMAL PHYSIQUE FACT OR FICTION?	FASCIAL LINE MOBILITY	TO BE CONFIRMED	THE PILLARS OF PERFORMANCE - THE SECRETS BEHIND ELITE PERFORMANCE	UNLOCK THE SECRETS TO ENHANCED FLEXIBILITY (PLACE HOLDER)	FLASH REFLEX (FRX) TRAINING METHODOLOGY
	Presenter	Benjamin Siong	Paul Edmonson	Dr. Walid Khairallah, MD	Chris Bowman	Yasmin Al Masri	Mike Cummings
1 HOUR LUNCH BREAK							
02:30 PM TO 04:00 PM	STREAM	MINDSET/BUSINESS	REHAB/CORRECTIVE EXERCISE	FUNCTIONAL MEDICINE	NUTRITION	ATHLETIC TRAINING	MEDICAL FITNESS
	SESSION TITLE	RESULTS AND REPUTATION MASTERY	QBANDS - MOVING FROM TREATMENT TO FUNCTION	TO BE CONFIRMED	PERIODIZING NUTRITION FOR BODY COMPOSITION GOALS	JUMPING INTO PLYOMETRICS A FLEXIBLE PROGRAMMING MODEL	BREATH IS LIFE! KNOW BREATH, KNOW LIFE!
	Presenter	Mark Coles	Dr. Andy Barr	Dr. Walid Khairallah, MD	Ross Gilmour	Andy Hanley	Jaya Harikumar & Kavita Pillay
15 MIN BREAK							
04:15 PM TO 05:45 PM	STREAM	NUTRITION	REHAB/CORRECTIVE EXERCISE	REHAB/CORRECTIVE EXERCISE	FUNCTIONAL MEDICINE	MOBILITY	FUNCTIONAL TRAINING
	SESSION TITLE	XENOESTROGENS - A BARRIER TO FAT LOSS	BRAIN BASED BALANCE TRAINING	ROCKTAPE SESSION 2	GENETICS: HOW TO IGNITE YOUR PERFORMANCE	PUTTING THE FUN BACK INTO FUNCTIONAL FITNESS	TRX ADVANCED PROGRAMMING FOR HYPERTROPHY!
	Presenter	Benjamin Siong	Roberto Melani	Daniel Lawrence	Helen Gautschi, RD	Mike Cummings	Paul Edmonson
		Session Type	Theory	Theory & Practical	Theory	Practical	Practical