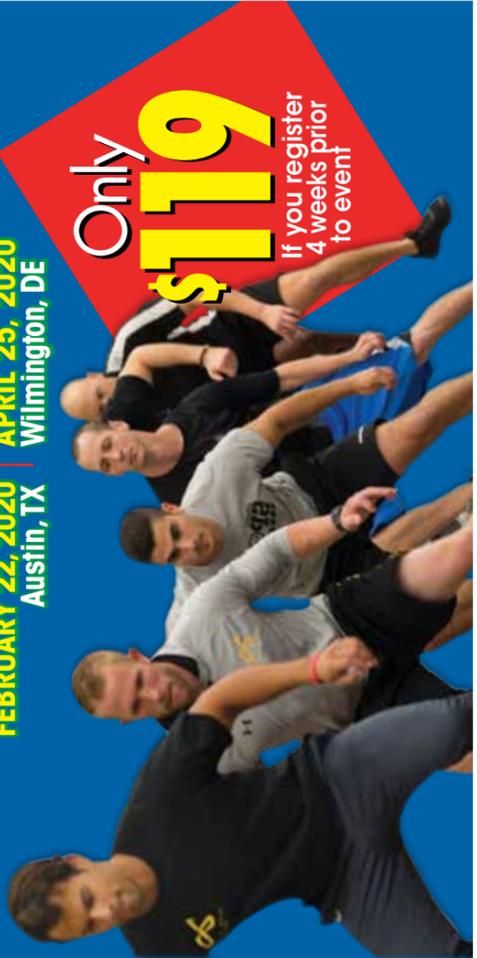


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2020 ONE-DAY SEMINAR SCHEDULE

- JANUARY 11, 2020** PARIS1 SPEED SCHOOL - FAIR LAWN, NJ
All Gilbert - Toggling The Metabolism: Strategies For The Stubborn Fat Loss Client
Martin Rooney - Coach to Coach: 7 Lessons to Help More People Get Better Results
Gray Cook - Blending Correctives Into Your Workouts
- JANUARY 25, 2020** SOUTH SAN FRANCISCO CONVENTION CENTER - SAN FRANCISCO, CA
Lee Burton - A New Look At Corrective Strategies
Josh Henkin - Train The Planes to Connect The Chains
Martin Rooney - Coach to Coach: 7 Lessons to Help More People Get Better Results
- FEBRUARY 8, 2020** LOS ANGELES CONVENTION CENTER - LOS ANGELES, CA
Dana Santas - Train Your Breathing: Change Your Game
Josh Henkin - Train The Planes to Connect the Chains
Charlie Weingroff - Lessons Learned From 10 Years on Tour
- FEBRUARY 22, 2020** TRAIN 4 THE GAME - AUSTIN, TX
Sue Faisone - What We Are Saying? Debunking Our Common Metaphors and Analogies
Lance Walker - The Need for Speed: Practical Solutions for Testing, Teaching & Training Linear Speed
Alwyn Cosgrove - Program Design Evolution for the 2020 Client
- MARCH 14, 2020** DISNEY CORONADO SPRINGS RESORT - ORLANDO, FL
Bill Parisi - Training the Fascial System to Improve Speed, Power, & Injury Resilience
Eric Cressley - Spine Sparing Training Strategies
Todd Durkin - Top 20 Lessons In 20 Years
- MARCH 28, 2020** REGGIE LEWIS CENTER - BOSTON, MA
Frank Nash - Creating Your Ultimate Fitness Culture
Charlie Weingroff - Lessons Learned From 10 Years on Tour
Michael Boyle - Training Kids
- APRIL 11, 2020** DONALD E. STEPHENS CONVENTION CENTER - ROSEMONT, IL
Alwyn Cosgrove - Program Design Evolution for the 2020 Client
Todd Durkin - Top 20 Lessons In 20 Years
Michael Boyle - Training Kids
- APRIL 25, 2020** TITUS SPORTS ACADEMY - WILMINGTON, DE
Rechel Cosgrove - The Female Body Breakthrough Over 40
Michol Dalcourt - How To Build A Resilient Athlete
Brandon Marcello - Myths, Misconceptions, And Truths About Training

Perform Better's LEARN-BY-DOING ONE-DAY SEMINARS

THE CONCEPT:
Perform Better's Learn-by-Doing Seminars are designed to provide trainers, coaches and therapists with a hands-on learning experience with some of the top professionals in the industry.

WHO ATTENDS:
Personal Trainers, Physical Therapists, Athletic Trainers, Coaches, or anyone interested in learning more about the latest concepts in Functional Training and Rehabilitation.

THE FORMAT:
There will be three presenters at each location (see schedule for which presenters will be in each city). In the morning session, the presenters will give a 75 minute lecture on their topic. In the afternoon each will direct a corresponding Learn-by-Doing station. Attendees will be divided into smaller groups and rotate to each station.

THE STAFF:
The top-notch presenters at the Perform Better Seminars include many of the most respected names in the industry.

DAILY SCHEDULE:
REGISTRATION 7:00 - 8:00 AM
 LECTURES 8:00 - 12:15 PM
 LUNCH on your own 12:15 - 1:30 PM
 HANDS-ON SESSIONS 1:30 - 4:00 PM

FOR MORE DETAILS:
Including directions and hotel information, call **800-556-7464** or visit our website at performbetter.com/seminars.

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- JUNE 5 - 7, 2020**
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- JUNE 19 - 21, 2020**
LONG BEACH, CA
- JULY 17 - 19, 2020**
CHICAGO, IL
- JULY 31 - AUGUST 2, 2020**
PROVIDENCE, RI



The PERFORM BETTER ONE-DAY SEMINAR SERIES features these highly respected professionals:



MICHAEL BOYLE, MA, ATC

- Internationally recognized strength and conditioning expert
Training Kids

More and more facilities are adding youth training programs as a new revenue opportunity. Unfortunately, too many are trying to apply the same methodologies that they use with adults. Few understand that children aren't miniature adults and shouldn't be trained like them. Join Coach Boyle as he shares the successful programming (and time management strategies) his team uses at MBSC to train kids safely, efficiently and effectively. *(Boston, Rosemont)*



LEE BURTON, PHD, ATC, CCS

- Co-Founder of the Functional Movement Screen
A New Look at Corrective Strategies

The concept of corrective exercise isn't a new one. Unfortunately, many of us continue to struggle to achieve and maintain the results we know our clients, athletes and patients need. During this session Lee introduces self-awareness screens, drills and exercises designed to help individuals gauge their own movement ability. With increased awareness clients can provide valuable input on the effectiveness of their corrective strategies and partner with professionals in the creation, modification and ultimate success of their programs. *(San Francisco)*



GRAY COOK, MSPT, OCS, CCS

- Noted Physical Therapist, Author and Presenter
Blending Correctives Into Your Workouts

25 years of FMS screening has shown that workouts can either help or hurt functional movement. The best training programs should keep your clients fit and functional at the same time. Join Gray as he shares the proven correctives, movement preps and cool downs that can be used in any workout to maximize fitness while improving (or maintaining) movement quality. *(Fair Lawn)*



ALWYN COSGROVE, CCS

- Owner of Results Fitness, a complete fitness programming and consulting service
Program Design Evolution for the 2020 Client

Today's client has changed. Their lives have changed. They arrive in worse shape than they did just 10 years ago. The gym may be their ONLY physical activity. To serve the needs of this new client, the fitness profession needs to evolve – and quickly. In this session Alwyn shares the secrets of creating training programs that guarantee results for the changing needs of today's new client. *(Austin, Rosemont)*



RACHEL COSGROVE, CCS, CSSN

- An industry leader in fat loss and training women
The Female Body Breakthrough Over 40

Beginning in their 30's women can lose muscle and bone mass every year while gaining body fat, putting themselves at risk for a number of diseases. Fortunately, as fitness professionals we can have a huge impact on this demographic. In fact, women over 40 can be one of the most rewarding client types for a coach to work with. Join Rachel as she shares the proven, real-world coaching tools and programming strategies that help her female clients overcome psychological barriers and maximize their physical potential in their 40's – and beyond. *(Wilmington)*



ERIC CRESSEY, MA, CSC

- Owner of Cressey Sports Performance, with facilities in MA & FL
Spine-Sparing Training Strategies

Not all spines are the same, so not all programming and coaching strategies are universally applicable across all populations. In this session, Eric delves into the lessons he's learned from training rotational sport athletes, strength sport competitors, and general fitness clients, combined with his own personal experience of more than 15 years training as a powerlifter. *(Orlando)*



NICHOL DALCOURT, CSC, PTS

- Creator of VIPR & Co-Creator of PTA Global
How to Build a Resilient Athlete

There is a saying in sport, "the best ability, is avail-ability." This means that an athlete is not sidelined due to breakdown, or injury. Injury prevention, performance and sustainability have, to a certain degree, carryover. Physiologically, we need perturbations (i.e. stressors) to elicit a training effect. Building resilience (the idea of bending without breaking), requires many considerations. In this workshop, Nichol will discuss tissue behavior, and how the right stressors can help develop a more robust system, while increasing overall athleticism. *(Wilmington)*



TODD DURKIN, MA, CSC, NCTMB

- Founder of Fitness Quest 10, (San Diego, CA)
Top 20 Lessons in 20 Years

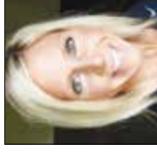
Todd Durkin opened his gym, Fitness Quest 10 with no money, no clients, and no business plan. He had big dreams but zero understanding of how to run a business. 20 years later, there have been thousands of lives changed, many accolades received and a ton of IMPACT created. But it wasn't always easy. There were hard times, many losses, and lots of tough lessons. In this riveting talk, you'll journey with Todd through his top business, brand, and personal lessons learned over the past 20 years as a trainer, coach, leader, entrepreneur, father/husband, and life-transformer. Todd's insights will save you time, money and energy, while giving you a road map to finding happiness and building a legacy. *(Orlando, Rosemont)*



SUE FALSONE, PT, MS, SCS, ATC, CCS, COMT, RYT

- Owner / Founder of Structure and Function Education
Do We Understand What We Are Saying?
Debunking Our Common Metaphors and Analogies

"Your glutes are turned off." "You need scapular stability." "We need to break up adhesions." If you are often saying things like these to your clients, you're not alone. But what are we really saying? Are we saying what we mean? Do we know the true meaning behind what we are saying? Sometimes we need to simplify communication with our clients in order to make a point. The problem begins when we start communicating this way with other professionals. Our day-to-day slang has become our professional jargon. In this session, Sue discusses some of the most commonly used phrases, breaks them down scientifically (and practically) and provides more meaningful options for communicating concepts and improving client outcomes. *(Austin)*



ALI GILBERT, CSCS*, D, TPI LEVEL 3, FMS 2, CSC, USAW

- Founder and Owner of Metabolic Golf
Toggling the Metabolism: Strategies for The Stubborn Fat Loss Client



JOSH HENKIN, CSCS

- CEO, Innovative Fitness Solutions, LLC
Train the Planes to Connect the Chains

Our bodies don't just move up and down in real life or in sport. Yet, the great majority of fitness and performance programs are so largely sagittal plane-based you'd think we move in limited ways. Training the other planes of motion not only provides variety, research points to multi-planar strength being essential in developing resilience and greater performance. In order to be effective, this type of training can't be done haphazardly. In this session, Josh shows you how to systemize and progress the most important training variable that most of us still ignore. *(San Francisco, Los Angeles)*



BRANDON MARCELLO, PHD, CSCS, PES, CES

- Over 22 years of experience in the area of athletic performance enhancement
The Myths, Misconceptions, and Truths About Training

Do you need an aerobic base? Is bilateral deficit really a thing? How fast do you lose strength? Is static stretching a bad thing? Can you train speed? Questions like these permeate our profession and often lead to the perpetuation of myths, misconceptions, and half-truths. In this talk Brandon answers these questions – and many more. Learn how to separate fact from fiction and get the truths you need to better evaluate, prescribe, and implement your training programs. *(Wilmington)*



FRANK NASH, CSCS, E-RYT

- Owner of STRONGER, Worcester, MA
Creating Your Ultimate Fitness Culture

We have all heard that "culture is king," but it's often difficult to know exactly what to do to create it within our facilities. Join Frank on a journey into some of the very best ways to build culture and community through his weird and unique lens. Get ready to be uber-inspired to turn your fitness world into something truly original and amazing. In the hands-on Frank will show you some of the best science-based culture and community-building workouts. *(Boston)*



BILL PARISI, BBA, CSCS

- Parisi Speed School founder, author of Fascia Training: A Whole-System Approach
Training the Fascial System to Improve Speed, Power, and Injury Resilience

The body's fascial system is more important to human movement and power generation than previously understood. It continually remodels itself along lines of load, impact, pressure, and stress, making it a highly trainable and adaptable system. Join Bill as he presents practical approaches for training the fascial system using three-dimensional loaded movements, isometric training modalities, mechanical tissue manipulation, and other evidence-based techniques proven to enhance athletic performance and injury resilience. He'll also discuss how to identify system imbalances to create highly effective personalized training prescriptions. *(Orlando)*



MARTIN ROONEY, MHS, PT, CSCS

- Founder of Training for Warriors, with over 300 affiliate locations in 28 countries
Coach to Coach: 7 Lessons to Help More People Get Better Results



DANA SANTAS, E-RYT, CSCS

- Mobility, Breathing & Mind/Body Coach for many professional sport teams
Train Your Breathing: Change Your Game

Breathing is a hot topic these days, but not everyone understands how to unlock and harness its game-changing power. Most of us aren't breathing optimally, fortunately we can change that with the right exercises and programming. In her lecture, Dana explains the basics of breathing biomechanics and how breathing impacts posture, mobility, stability and recovery. She'll also detail breathing's impact on the nervous system, concentration, stress management and strength. In the hands-on, you'll experience and learn to coach the primary positional breathing exercises Dana uses with her pro clients to improve shoulder, t-spine and hip mobility. You'll walk away with a practical understanding of breathing practices – and be ready to start using these game-changing tools immediately with your clients. *(Los Angeles)*



CHARLIE WEINGROFF, DPT, ATC, CSCS

- Physical Therapist and Strength & Conditioning Coach at Drive 495
Lessons Learned from 10 Years on Tour

10 years ago, Charlie debuted on the Perform Better circuit. Like all Perform Better speakers, Charlie has kept up with his own learning and growth. In this talk, Charlie tackles some of the most controversial topics of the last 10 years. He'll describe how he has changed his position on many approaches in training and rehab and discuss his perspective on "growing up" as a speaker on the Perform Better tour. *(Los Angeles, Boston)*



LANCE WALKER, MS, PT

- Global Director of Michael Johnson Performance
The Need for Speed: Practical Solutions for Testing, Teaching and Training Linear Speed

Many of the world's best trainers, coaches, and coaches all want faster athletes, faster results, and a faster return-on-investment as a primary modality for performance and health. Today's contemporary approaches are making it easier (and more effective) than ever before to safely and systematically improve linear speed. Lance shares the "new science," how to leverage it, inexpensive technology options, and practical lessons learned over his 20 plus years. You'll learn how to implement sprint testing, teaching, and training in personal or group programs to maximize performance improvements. *(Austin)*

PERFORM BETTER!

REGISTRATION INFORMATION

3 Easy Ways to Register:

1. Register online at: performbetter.com/seminars
2. Register by phone at: 800-556-7464
3. Mail form to: Perform Better, P.O. Box 8090, Cranston, RI 02920-0090

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For more details, including directions and hotel information call 800-556-7464 or visit our website performbetter.com/seminars