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2020



## 3-DAY FUNCTIONAL TRAINING

# SUMMIT

FOR EVERYONE WHO TRAINS OR REHABS CLIENTS, PATIENTS AND ATHLETES



## REGISTRATION

### 2020 3-DAY FUNCTIONAL TRAINING SUMMIT

**ORLANDO, FL** June 4-7  **LONG BEACH, CA** June 18-21  **CHICAGO, IL** July 16-19  **PROVIDENCE, RI** July 30-Aug 2

#### INFORMATION (Please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_ Email: \_\_\_\_\_

Occupation:  Physical Therapist  Personal Trainer  Sport Coach  Athletic Trainer  
 Strength and Conditioning Specialist  Other (Specify): \_\_\_\_\_

#### PAYMENT EARLY BIRD SPECIALS

Orlando:	<b>\$289</b> prior to April 23	\$359 prior to May 21 (\$389 after)
Long Beach:	<b>\$289</b> prior to May 7	\$359 prior to June 4 (\$389 after)
Chicago:	<b>\$289</b> prior to June 4	\$359 prior to July 2 (\$389 after)
Providence:	<b>\$289</b> prior to June 18	\$359 prior to July 16 (\$389 after)

**Cancellation Policy:**  
full refund 21 days  
prior to first day of  
each summit

Check (Make payable to: **Perform Better Seminars** and mail to: Perform Better, P.O. Box 8090, Cranston, RI 02920-0090)

Credit card (Circle one): MC VISA AMEX DISCOVER

Credit card number: \_\_\_\_\_ Exp. date: \_\_\_\_\_

Signature: \_\_\_\_\_

### THE PREMIER CONFERENCES OF 2020

- 67 excellent presenters
- 2 lectures and 2 hands-on sessions every 90 minutes
- CEUs available
- Complimentary social
- Free Pre-Conference Sessions on Thursday
- Feature Presentation

*“Tell me and I forget, teach me and I may remember, involve me and I learn.”*

– Benjamin Franklin

- **New Lectures and Hands-On Topics**
- **67 Nationally Known Presenters at 4 Great Locations**
- **Pre-Conference Events featuring Thomas Plummer & Alwyn Cosgrove**



**Orlando, FL**  
June 4-7, 2020

**Long Beach, CA**  
June 18-21, 2020

**Chicago, IL**  
July 16-19, 2020

**Providence, RI**  
July 30-Aug 2, 2020

For information or to register  
call toll-free **800-556-7464** or visit **PERFORMBETTER.COM/SEMINARS**

## How to Become That Public Speaker You Always Dreamed of Becoming

with **Thomas Plummer**

(Precon Thursday, 1pm – 5pm)



You sit staring at the speaker on stage, caught up in the magic of the moment in a great presentation and thinking, yes, I want to be that person, I want to stand in the front of the room and change lives through teaching what I know and what I believe.

You can become the speaker you have always dreamed of becoming. You can learn to be a presenter, develop your first book, teach workshops, maybe consult and create a career of getting paid well for what you know and how you share it with others who could benefit from your knowledge and leadership.

This four-hour workshop is your introduction to how to get started as a public speaker that matters. Taught by Thomas Plummer, considered by many to be the most influential speaker in his long career in fitness and business coach to most of the major coaches in the industry, this workshop is your place to learn and plan out a financially successful career of speaking.

Thomas has trained hundreds of speakers through his speaking workshops, including most of the speakers you see every year at the Perform Better events and now it is your turn to learn and become one of the next great presenters. Why not you? Why not now? Take the first step and become the speaker you were meant to be.

## Fitness Career 2020

with **Alwyn Cosgrove**

(Precon Thursday, 1pm – 5pm)



2020 means clarity of vision. This session is designed to help you set clear objectives for your fitness career.

If you're just starting out, are lost and need to regroup, or have been doing this for a while and are ready to transition to the next step, this is the perfect starting point.

We'll cover big picture thinking, business models and delivery systems, and changes that are coming in 2020 and beyond.



## TRAVIS BARNES

- International Presenter & Founder of FitBiz Mastery
- Founder and Franchisor of Journey 333
- Best-selling author



### Competition Combat

Are you struggling to grow your business? Do you find that you are losing members to the competition? The solution is to implement extraordinary customer care systems that differentiate you from the competition. In this session you will learn over 20 world-class customer care systems to help you retain your members and combat the competition. In the hands-on session you will learn how to bring all the benefits of one-on-one training into the group setting. Come to this session if you want to learn to train the group like you train the individual and differentiate yourself from the competition. (Orlando)

## MICHAEL BOYLE, MA, ATC

- Internationally recognized expert in strength and conditioning
- Former Strength and Conditioning Consultant and Coach for the Boston Red Sox and the US Gold Medal Olympic Teams in Women's Soccer and Women's Hockey
- Currently owns and operates Mike Boyle Strength and Conditioning



### 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. (Orlando, Chicago, Providence)

## LEE BURTON, PHD, ATC, CSCS

- Co-Founder of the Functional Movement Screen
- Former Program Director for Athletic Training at Averett University
- Lectures nationally and internationally in the fields of sports medicine and performance enhancement



### 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. (Orlando, Long Beach, Chicago)

## KEVIN CARR, CFSC, LMT

- Co-Founder of Certified Functional Strength Coach and Movement As Medicine
- Coach and General Manager at Mike Boyle Strength and Conditioning
- International educator for Mike Boyle Strength and Conditioning and Certified Functional Strength Coach



### Rehab 101: A Coach's Guide to Rehab

The strength coach and personal trainer should play a central role in any rehabilitation process. However, many fitness professionals are unsure of how they can safely and effectively contribute to the athlete's rehab team. In Kevin's presentation, he will cover a principle-based approach to training the injured athlete and discuss how we as personal trainers and strength and conditioning coaches can serve as a valuable part of a rehabilitation team to help the athlete reach their goal of returning to the field of play. (Orlando, Providence)



# 8 REASONS TO ATTEND THE FUNCTIONAL TRAINING SUMMITS!

1. 67 excellent presenters at our 4 summits
2. 28 lecture sessions at each summit
3. 28 hands-on sessions at each summit
4. Feature presentation at each summit
5. Complimentary social on Friday evening
6. Networking opportunities with presenters & attendees
7. CEUs available
8. Bonus Pre-Conferences on Thursday

**GRAY COOK, MSPT, OCS, CSCS**

- Founder of Functional Movement Screen
- Author of *Athletic Body in Balance and Movement*
- Pushes professionals and enthusiasts to creatively re-think movement behavior



**Defining Movement**

The way that we talk about movement can change the way we look at movement. Gray Cook takes a deeper look at the language we all use and explores where that view leads us astray and where a new outlook can help us as we try to protect, correct and develop movement. It becomes a question of strategy vs. tactics or strategy and tactics. Why do we move? And why should that matter so much? His hands-on session will take a new look at adjusting movement quality and load quantity. Join Gray to see how Functional Movement Systems developed these moves and learn how to use them before, during and after your workouts. (Long Beach, Chicago, Providence)

**GERALYN COOPERSMITH, MA, CSCS\*D**

- VP Member Services, EXOS
- Former Global Director of Fitness & Performance for Nike
- Former Senior Director of the Equinox Fitness Training Institute



**Fitness Career Transformation: Propelling Yourself from Where You Are to Where You Want to Be**

Most fitness professionals get into the industry full of excitement and passion only to see their enthusiasm wane over time. Too often the day-to-day grind of long days, lack of free time and no clear end in sight wear on the fitness professional causing them to question their career choice and wonder, "what's next?". In this interactive session, as GERALYN shares the proven strategies and tools to identify what drives you, find your unique "element" and move toward the career of your dreams! (Lecture Only) (Providence)

**ALWYN COSGROVE, CSCS**

- Owner of Results Fitness, a complete fitness programming and consulting service
- Founder of ResultsFitnessUniversity.com
- One of the country's most sought-after fitness professionals



**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.

(Orlando, Long Beach, Chicago, Providence)

**RACHEL COSGROVE, CSCS, CISSN**

- Co-owns and operates Results Fitness, named one of the top ten gyms in the US by Men's Health
- 2012 IDEA Personal Trainer of the Year
- Consultant for Nike, Livestrong.com, and Women's Health



**The Female Body Breakthrough Over 40**

Beginning in their 30s 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 40s – and beyond.

(Orlando, Long Beach)

**EARLY BIRD SPECIAL!**  
**\$289**  
 6 Weeks Prior to Summit



**ERIC CRESSEY, MA, CSCS**

- President and Co-Founder of Cressey Sports Performance, with facilities in MA and FL
- Director of Player Health and Performance, New York Yankees
- Writer, presenter, consultant and podcast host



**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.

(Chicago, Providence)

**JOHN D'AMICO, PT, ATC, TPI**

- Physical Therapist, Athletic Trainer and Certified TPI Golf Fitness
- Over 20 years experience training and treating the senior population
- Current and 2 time Golf Digest Top 50 Golf Fitness Instructor In America



**Optimizing the Aging Client**

The older client can be a bit of an enigma to trainers. This presentation will help trainers sift through how they are alike and different from their younger counterparts, allowing the trainer to safely guide them to optimal fitness and independence down the road.

(Orlando)

**MICHOL DALCOURT, CFC, PTS**

- Founder of IoM and ViPR PRO
- Co-Founder of PTA Global
- Past Adjunct Faculty (Sport Science) - University of San Francisco



**Dead Starts for Strength and Power**

Generating force from a dead position is a fundamental task of life and sport. Those that do it with competency have tremendous physical advantage over those who do not. It results in an increase in Starting Strength, and all of us must possess it. Many do not. In this interactive session, Michol will explore the vital function of lifting and shifting mass from a dead position, both for strength and power – an ability we all need whether an elite athlete or elderly individual. Sadly, we don't train it enough.

(Orlando, Long Beach)



**FRANK DOLAN, CSCS**

- Owner and operator of Sports and Fitness Performance Training Centers
- Instructor for Functional Movement Systems and Adjunct Professor at Hofstra University
- Consulted for Nike Global Training, Nike NYC and Equinox Fitness Clubs



**The 5 Most Common Mistakes in Program Design**

In this lecture Frank will teach you a modern approach to designing and implementing a training program for athletes and clients of all ages and abilities. From working with personal training clients to large groups and teams, there are common themes in the programming process that can significantly increase your effectiveness as a trainer or coach. Stop making these mistakes and start making the change you seek to make. His hands-on session will let you take away exercises and drills to help you maximize the time you spend on your dynamic warm up.

(Long Beach)

**ROBERT DOS REMEDIOS, MA, CSCS**

- Director of Performance – National Sports Performance Association (NSPA)
- Master Strength & Conditioning Coach, CSCCA
- International strength & conditioning presenter & consultant



**Why Misunderstanding Power Can Be Hurting Your Clients**

Power can be the key to unlocking your client's real world strength and performance; lack of it could be derailing your programs. We will look at the most common mistakes in power training and how to create progressions of power because EVERYONE needs this vital training component.

(Long Beach, Chicago)

**TODD DURKIN, MA, CSCS, NCTMB**

- Owner of the award-winning, iconic gym, Fitness Quest 10
- Leads the Todd Durkin Mastermind Coaching Group for fit-pros looking for maximum business & life success
- Lead Training Advisor, Under Armor



**Top 20 Lessons in 20 Years**

There have been many lessons learned in 20 years. Todd started his business with no money, no clients, no business plan, and very little understanding of how to run a business. 20 years later, there have been thousands of lives changed, many accolades and achievements, and a ton of IMPACT created. But it wasn't always easy. There were tough times, many losses, and lots of tough lessons. In this riveting talk, take a journey with Todd on his top business, brand, and personal lessons learned in the past 20 years as a trainer, coach, leader, entrepreneur, father/husband, and life-transformer. It will truly be worth millions of dollars in time, energy, money and ultimate happiness and legacy. In his hands-on session, it will be your "Best workout in 20 years." Don't miss it!

(Long Beach, Providence)

FOR ADDITIONAL INFORMATION, CALL 800-556-7464 or visit [Performbetter.com/seminars](http://Performbetter.com/seminars)

**SUE FALSONE, PT, MS, SCS, ATC, CSCS, COMT, RYT**

- Owner/Founder of Structure and Function Education
- Associate Professor, Athletic Training Programs, A.T. Still University
- Author, *Bridging the Gap from Rehab to Performance*



**Managing Back Pain: What Are We Really Doing?**

Back pain is a complicated, multi-factorial issue that affects most clients at some point in time. Research is showing that everything we were taught about posture, movement and manual therapy may not be doing what we think it is doing and it really begs the question, does it matter? In this session, Sue breaks down both the physical and biopsychosocial components to back pain, how our interventions may be affecting both, and really at the end of the day, what do we do with our client who is in pain? Walk away from this session with an evidenced-based approach to back pain, and what to do with your clients on Monday. (Long Beach, Chicago, Providence)

**ADAM FEIT, MS, CSCS\*D, RSCC, SCCC, PN2**

- Ph.D. Candidate in Sport and Exercise Psychology
- Curriculum Developer and Performance Nutrition Coordinator for Precision Nutrition, Inc.
- Former NFL and Division I Strength Coach and Nutrition Coordinator for the Carolina Panthers, Eastern Michigan University, University of Louisville, and The Citadel



**The Psychology of Nutritional Change**

The only constant in life is change. However, it doesn't have to be fast, scary, or unsuccessful when working with clients on their nutrition. Understanding the thoughts, feelings, and actions around nutrition can help set our clients up for long-term happiness and success. This session will breakdown the psychology behind the process of change and provide key nutrition coaching strategies for trainers and coaches alike. (Lecture Only) (Long Beach)

**MARY KATE FEIT, PH.D., CSCS, SCCC**

- Former collegiate (University of Iowa, University of Louisville) and private sector (MBSC, RYPT) Sports Performance Coach
- Assistant Professor and Associate Director of Strength and Conditioning at Springfield College
- Ph.D. in Teaching and Administration with a research focus on Coach Education



**Optimizing Your Coaching Behaviors to Maximize Your Impact**

To be a successful coach, you need to master more than just the science behind training. Coach MK uses her extensive coaching career in order to supervise, mentor, and educate future coaches. During this session, you can step into her classroom and learn the techniques, skills, and behaviors that lead to efficient, effective, and impactful coaching. Join her for the hands-on portion to try out your skills, gain feedback from your peers, and improve your craft. (Long Beach)

**MARK FISHER**

- Co-founder and Co-owner of Mark Fisher Fitness in NYC, named one of Men's Health's Top Gyms in America
- Co-Founder of Business for Unicorns
- 2-time Inc. 5000 List of Fastest Growing Companies in America (including #312 in 2015)



**Getting More Clients Without Being Cheesy, Spammy, or Salesy**

If you're in the fitness industry, it's because you're passionate about helping your clients and athletes. But whether you own a facility, train athletes, or work with clients in a big box gym, sustainable success requires more than just being a high caliber coach. Want to make the biggest possible impact? Then you have to know how to build a stream of prospects and inspire clients and athletes to work with you. In this lecture, you'll leave with immediately actionable tools to grow your training business, increase your income, and make more impact, all without being "cheesy, spammy, or salesy." (Lecture Only) (Long Beach, Providence)

**WIL FLEMING, CSCS, USAW NATIONAL COACH**

- Internationally known expert on weightlifting and athletic development
- Author of *Complete Olympic Lifting Handbook*
- Creator of NSPA's Certified Weightlifting Performance Coach Course



**The Truth About Velocity Based Training; Decoding the Jargon to Make Powerful Athletes**

Velocity Based Training (VBT) is a big buzzword in training. This technology has never been easier to use and can be extremely useful to help your athletes and clients get improved results. First you must know what to do with the data you gather. In this talk I'll show you how to see through the jargon to find what's useful, and in the hands-on I'll go beyond the barbell to show you the most valuable movements to create powerful athletes. (Chicago)

**VINCENT GABRIELE, MS, CSCS, IYCA**

- CEO at Vince Gabriele Media
- Author of 6 fitness business books including *The Ultimate Guide To Marketing Your Gym* and *The Ultimate Guide to Sales For Your Gym*
- Founder of New Jersey based Personal Training Gym, Gabriele Fitness and Performance



**Complete Sales Mastery: How to Get More Clients, Charge the Prices You Deserve and Get An Unfair Advantage Over Your Competition**

Discover the sales secrets that will boost your personal income, maximize your free time and help you create life-changing stories with your clients. Vince will deliver cutting-edge, effective sales strategies developed after 20 years of in-the-trenches experience. You can have a prosperous career in the fitness industry. (Lecture Only) (Orlando, Providence)

**MOLLY GALBRAITH, CSCS**

- Co-Founder and Woman-in-Charge at Girls Gone Strong
- Creator of the GGS Academy, the world's first online Academy offering comprehensive, evidence-based, interdisciplinary women-specific coaching certifications
- National speaker on women's strength training and empowerment



**A Woman's Worth: How to Help Your Female Clients Improve Their Body Image**

80-81% of women in the U.S. and Canada report being dissatisfied with their bodies and 85% of women report opting out of important life events because of the way they look. Body dissatisfaction and poor body image negatively impact women's lives, and health and fitness professionals can have a profound role in changing that. In this presentation Molly will discuss why negative body image is so damaging for women, how it affects society as a whole, and offer specific, actionable strategies coaches and trainers can use to help their clients dramatically improve their body image and their experience working with you. (Providence)

**JENA GATSES, PT, LMT, SFMA, CSCS**

- Owner of Scientific Fitness
- Former physical therapist and strength & conditioning coach for 6 NASCAR teams
- Performance coach & injury specialist for pro sports teams, pro athletes, UFC, X-Games, Motocross, USA Cycling Team and elite CEO's and celebrities



**Recovery: Are You Even Doing It Right?**

Our industry is flooded with new fitness trends, fads, and people wanting a "quick fix," all while trying to take the easy way out. But do these methods even work? As experts in our field, we need to deliver knowledge that is supported by science and clinical experience versus opinions created from the latest trends. In this session, Dr. Gatses will show you how to filter through the latest and most advanced ways to work smarter, not harder, to get the most out of your sessions while keeping your clients feeling good and coming back for more! Come learn why recovery is so important and how you can use it to enhance all aspects of human performance. (Orlando)

**ALI GILBERT WEINGROFF, CSCS, TPI, CFSC**

- 2-time *Golf Digest* Top 50 Golf Fitness Professional
- Founder of Ali-Gilbert.com and MetabolicGolf.com offering remote and local training/health coaching services to alter body composition and optimize metabolism
- Featured in *Muscle & Fitness* as well as various other publications on the topic of testosterone, metabolism & golf fitness



**Toggleing the Metabolism: Strategies for The Stubborn Fat Loss Client**

As health and fitness professionals, we know how to help people lose weight. We're good at that. Where we have failed is helping people keep it off. Today with resources to track everything from sleep, to steps, to food and training, we are ironically more sedentary than ever before. We struggle to maintain hard-earned fat loss. In fact, only 5% of the population can keep weight off after 3 years of dieting. In this talk Ali provides a sustainable approach to fat loss using real science, effective strategies and practical methods designed to achieve lasting results. (Orlando, Providence)

**JASON GLASS, BHK, CSCS, TPI**

- Coach & Consultant for PGA Tour, MLB, NFL, NHL and Extreme Sport Athletes
- Head of TPI Fitness Advisory Board and TPI Lead Presenter
- Host of the Coach Glass Podcast & Creator of LoadXplode Certifications/Workshops



**Load & Go! Rotational Power**

Combining rotational plyometric training with high triplexity neuromuscular training will help you produce the most explosive rotational athletes on the planet! In this session you will learn Coach Glass' training philosophy, techniques and exercises that you can use to turn any athlete into a rotational Tasmanian Devil doused in rocket fuel! You will learn how to effectively load and explode rotational slings and ignite the nervous system. Leave this session with specific cues to help train rotational sequencing, understand how to utilize ground reaction force and create unmatched athleticism. You will learn a ton and have way too much fun! (Chicago, Providence)



FOR ADDITIONAL INFORMATION, CALL 800-556-7464 or visit [Performbetter.com/seminars](http://Performbetter.com/seminars)

**JOHN GRAHAM, MS, ACSM**  
EP-C, CSCS\*D, RSCC\*E, FNCSA



- Senior Network Administrator, Fitness & Sports Performance, St. Luke's University Health Network, Pennsylvania & New Jersey
- Lectures regionally, nationally and internationally in the fields of sports performance, medical fitness & health fitness
- Chapter author for several books on athletic performance, fitness & chronic disease & disability management

**Astonish Your Clients With Plans That Maximize Outcomes**

Energize your fellow colleagues and yourself to develop training platforms that enable your participants to maximize their goals and objectives with results-oriented outcomes. Discover user-friendly quantifiable practices and systems to serve an array of fitness and athletic participants while supporting a branded style. This session will offer means and methods to enable fitness and athletic participants to maximize their fitness and sports performance capability. Attendees will leave the hands-on session with progressive practices for training their clientele. **(Orlando, Providence)**

**JUSTIN GRINNELL, CSCS,**  
CPT, FMS 2, PNII



- Owner of State of Fitness, an 11,000-square-foot training facility in East Lansing, Michigan
- President of Jackson State of Fitness, a corporate fitness division servicing 5,000 employees in Michigan, Nashville, and Chicago
- Creator of State of Fitness University with over 400 graduates
- National Speaker for Thomas Plummer and the National Fitness Business Alliance

**Recruiting and Onboarding Members and Clients in Your Community**

The internet and social media have persuaded trainers and gym owners to get as many followers as possible in order to build their business thinking that national recognition will bring in more money. However, if you really want to have a flourishing business for years to come, you need to narrow your focus in the community. Justin will breakdown his method on how to become the leading fitness influencer in your community and his step-by-step process on how to recruit, onboard, and retain clients and members for years to come. **(Chicago)**

**JOSH HENKIN, CSCS**



- CEO, Ultimate Sandbag Training and Creator of the Ultimate Sandbag and the Dynamic Variable Resistance Training System
- Has been teaching continuing education programs for over 15 years in 13 countries, including kettlebells in Russia
- Consulted and created programs for all populations from US Marines, to Division 1 programs, to hospital wellness programs

**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 important training variable that most of us still ignore. **(Orlando, Long Beach, Chicago, Providence)**

**IAN JEFFREYS, PHD, RSCC\*E,**  
CSCS\*D, ASCC, FNCSA, FUKSCA



- Recognized as one of the United Kingdom's leading strength and conditioning coaches and worldwide authority on speed and agility development
- Author of eight books including *Gamespeed*, *Effective Coaching in Strength & Conditioning* and *The Warm-Up*
- Former Vice President of the NSCA and was on the Board of Directors of the UKSCA and the NSCA

**Forget Speed & Agility, Think Gamespeed: Opening New Avenues to Give Your Athletes the Edge**

The question we are often asked by athletes is can you make me faster. Typically, what they mean by this is not simply getting faster on a test, but significantly faster on the field. This is crucial, as once we start to think of Gamespeed it opens up new avenues of training that can give our athletes the edge, whatever their sport. This presentation and practical will look at how to use a Gamespeed approach to transform your speed and agility development. **(Orlando)**

**DAN JOHN**



- 42 years coaching experience in strength and conditioning
- Senior Lecturer, St. Mary's University, Twickenham University
- Fulbright Scholar and All-American Discus Thrower

**Bounce**

Using the tools of the strength and conditioning world, this workshop explores the realities of resilience, the ability to come back after falling, failing and flailing. We discuss the roles of prevention, rehab, and performance in "bouncing back" from life's challenges. **(Chicago, Providence)**

**DAN KLECKNER, BS, TPI,**  
ACSM-CEF



- Owner of Cutting Edge Fitness in Kirkland and Issaquah, Washington & Kinetic Fitness in Butte, Montana
- International speaker and expert on the business of start-up gyms, improving strength/power for golf and other rotational sports, and small group training
- Mentored by some of the top golf fitness and fitness business professionals in the country

**5 Steps to Build a Financially Successful Training Gym**

Are you a personal trainer burnt out on coaching or capped as far as career advancement? Are you interested in making the move to gym owner, but not sure where to start? Join Dan to find out the steps you need to take to build a financially successful training gym that will allow you to control your time and provide financial freedom. You'll walk away with a playbook on how to build your business from the bottom up, including information on developing lead generation, setting up the trial program and sales process, and selecting the right client demographics. He'll also detail how to structure your training programs to keep clients coming back for more! **(Long Beach)**

**MARC LEBERT, NLP**



- CFO of Lebert Fitness, a global leader in the development of training tools
- Certified NLP (Neuro-Linguistic Programming) Practitioner
- Fitness Club Owner

**New Training Tools for Your Bootcamps and Group Training**

Your training experience is about to change with new ways to combine strength and HIIT training! Experience updated bodyweight training methods, tools and programming to make your sessions effective, challenging for all levels and engaging! **(Hands-On Only)**  
**(Orlando, Long Beach)**

**IAN MANNING, MSPT**



- Physical Therapist, Orthopedic Specialist
- Owner of OrthoCore Physical Therapy
- Titleist Certified Medical and Fitness Professional

**How to Use PNF Patterns to Improve Mobility & Strength**

PNF is a technique that has been used in training since the 1940s. It is the ground work for our most common exercises such as the chop and lift. Learn the basic patterns and techniques to help your clients use their neurological system to improve their mobility and strength. **(Hands-On Only)**  
**(Providence)**

**BRANDON MARCELLO, PHD,**  
RSCC\*E



- Over 20 years of experience in the field of human performance working with Olympians, professional and Division I athletes, and the U.S. Military
- Helped create Athletes' Performance (EXOS) with Mark Verstegen
- Currently supporting a high-level Department of Defense effort to define future soldier performance

**Myths, Misconceptions, and Truths About Training**

Do you need an aerobic base? Is bilateral deficit really a thing? How fast do you lose strength? Does the FMS predict performance? 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 we will answer these questions and many more to arm you with the answers you need to better evaluate, prescribe, and implement your training programs. **(Long Beach, Chicago, Providence)**

**INGRID MARCUM, CSCS**



- Over 20 years as a high performance coach, including USA Field Hockey Women's National Team, NCAA D-I, and as owner of BGB Fitness
- Former multi-sport elite athlete: USA Bobsled Olympic alternate 2010, USA Weightlifting 2009 National champion and 2004 & 2008 Olympic Trials competitor, NCAA D-I All-Conference gymnast, IHGF Highland Games Amateur World Championships
- International speaker, educator, writer and independent consultant to organizations including the U.S. Women's National Soccer Team and Girls Gone Strong

**Becoming Unshakable: Building Mental and Physical Resilience**

Resilience is one of the key factors of long-term success and longevity. Consistent progress and high performance depend on the ability to successfully overcome challenges – from developing structural integrity in order to handle the volumes and loads of regular training to successfully navigating and moving forward through bigger obstacles, such as injuries and significant life events. Too often, the best plans and even previous progress get derailed by large and small setbacks, mistakes, difficulties, injuries and unexpected events. Learn to develop the tools to be better prepared physically and mentally to handle these inevitable challenges, take ownership of your commitments and mindset, and set yourself, your athletes and clients up for higher levels of performance – both in training and in life. Become unshakable! **(Orlando, Long Beach, Chicago)**



FOR ADDITIONAL INFORMATION,  
**CALL 800-556-7464**  
or visit [Performbetter.com/seminars](http://Performbetter.com/seminars)

**RICK MAYO**

- Founder and CEO of Alloy Personal Training
- Owner of Alloy Personal Training, conducting over 60,000 personal training sessions a year
- Licensed his business and training systems to over 2,000 clubs worldwide and has now moved to a full franchise model



**K.I.S.S.: Achieve More by Doing Less**

What if I told you that to achieve more, earn more money and grow personally and professionally you actually need to do less? That may be hard to believe in a culture that promotes getting on the “grind” and that you have to be a “warrior” to thrive. I’m here to tell you that less is more! Brilliant business minds like Warren Buffet and Steve Jobs would agree. I will share my failures and successes going from personal trainer to business owner to working with thousands of clubs worldwide. I will explain how to simplify your offerings, your training systems and your business. (Lecture Only)

(Orlando, Chicago, Providence)

**MICHAEL MULLIN, ATC, PTA, PRC**

- Owner of Integrative Rehab Training
- Internationally recognized lecturer and consultant
- Clinical Adjunct Faculty at University of New England



**Managing and Optimizing Pressure and Tension**

The human system is constantly dealing with pressure and tension—both physically and mentally. Managing and balancing these natural internal forces and being able to optimally integrate them into programming can have a significant ability to drive movement, positional control and force production. This program will introduce assessments and intervention strategies along with some specific program considerations for the general population up to high-level athletes.

(Chicago, Providence)

**FRANK NASH**

- Owner of STRONGER, Worcester MA
- Co-Founder of the Secret Training Society
- Partner at dotFIT and consultant for numerous fitness brands



**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 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.

(Long Beach, Providence)

**BRIAN NGUYEN, ATC, CSCS, CPT, SFMA**

- Athletic performance coach, speaker, student, actor, producer, change catalyst
- NASM Master Instructor and Under Armour Training Team
- Former athletic trainer & strength coach: NFL, AFL and several Hollywood sports films



**Planes, Trains and Automobiles: Holding Space, Layman’s Anatomy and the Analogies That Make Principles Stick**

For the most part, traditional coaching happens on a horizontal plane – coaches assist their clients in getting from point A to point B. Yet life-long change almost always happens in the vertical plane – a deepening of the client’s ground of being; a higher respect of self and better access to inner wisdom. During this unique session, Brian will explore many wonderful games and exercises that facilitate honest, whole-hearted communication and challenge our vulnerabilities, thoughts, motions and emotions. If you believe in the power of coaching-with-heart and the magic of connection, then do not miss this session.

(Orlando, Long Beach, Chicago, Providence)

**BILL PARISI, BBA, CSCS**

- Founder and CEO of the Parisi Speed School with over 100 locations worldwide
- Author of *Fascia Training: A Whole System Approach and Success Patterns: Your Blue Print to a Successful Fitness Career*
- Recognized as one of the most successful personal training entrepreneurs in the world and his Parisi system is responsible for training more than 1 million athletes over the past 30 years, including more than 145 NFL draft picks, a host of Olympians and champion UFC fighters



**Fascia Training in Application**

In this presentation, Bill will cover the latest evidence-based tools, techniques, and training strategies for optimizing the body’s connective tissue system to improve performance and enhance injury resilience. This information-packed session outlines a series of practical exercises, drills, and concepts you can immediately apply to up your game regardless of skill level or sport using the most recent research and technologies available.

(Chicago, Providence)

**MIKE PERRY, NSCA, FMS, USA-W, SFG 1+2, SFL**

- Co-owner and founder of Skill of Strength
- Course instructor for Functional Movement Systems
- Strongfirst Senior Instructor



**Everyone Should Squat**

The squat is a fundamental human movement pattern that also happens to be a wildly popular strength training exercise. Unfortunately, the squat pattern is often misunderstood, misapplied and taught without attention to detail. Join Mike as he discusses why each individual’s squat pattern will differ and how hip architecture, anthropometry, movement competency and injury history all influence the movement pattern. The hands-on section will include a step-by-step approach on how to evaluate, introduce, teach and successfully integrate the squat to your clients, patients and athletes.

(Chicago)

**THOMAS PLUMMER**

- Founder of the National Fitness Business Alliance
- Internationally acclaimed presenter and consultant
- Considered by many to be the most influential person working in the fitness business industry today



**The Biggest Mistakes You Will Make in Your Career and Your Life**

Coaching for a living is a tough job that burns up many good people. The average coach in the U.S. today only lasts about four years and is gone, giving up the dream of living their life doing what they loved the most. There are common mistakes we all make that work to end your career. You will face risk, money issues, challenges in career direction and a handful of other career breakers that can take you down if you are not prepared. This workshop is about anticipating and surviving the biggest mistakes a coach will make in their career and maybe their life too. If you are a working coach struggling in your career, trapped on a path going nowhere, or fighting to make the money you think you deserve, then this is the one workshop you will want to attend. (Lecture Only)

(Orlando, Long Beach, Chicago, Providence)

**BRENDON REARICK, CFSC, LMT**

- Co-owner and Educator at Certified Functional Strength Coach
- Co-owner and Therapist at Movement as Medicine
- Co-owner and Trainer at Train Smarter and Harder Sports Performance & Adult Fitness



**Building Exercise Checklists for Successful Training**

How do you progress exercises in your programming? How do you know when strong is strong enough? Why do you order the exercises in your program the way you do? Exercise checklists answer these questions. Similar to the belt system in martial arts, exercise checklists show the path to mastering a particular exercise while clearly outlining what standards need to be met to move on (or get that next belt). When you use exercise checklists, you’ll know both why and how to progress your clients through the programming. Using exercise checklists guarantees consistency, quality control, and repeatable results – all of which are important to improving client and business outcomes, quality of life, longevity, performance, games or days missed due to injury, retention rate, return to play, and proficiency.

(Long Beach, Chicago)



**JENNIFER REINER-MARCELLO, DC, CCSP, FIAMA, CSCS**

- Currently the reconditioning and performance therapist for the Minnesota Twins and former rehabilitation specialist for the San Diego Padres
- Former chiropractor and rehabilitation coordinator for Todd Durkin’s Fitness Quest 10
- Former team chiropractor for University of California San Diego athletics



**Assess, Don’t Guess!**

Whether you are in the fitness, strength and conditioning, or medical arena, assessing your client/patient must be the first step before programming, training, or treatment. In this lecture and hands-on session, we will explore some of the “big rocks” to assessing movement, and how you can then leverage this information to achieve better outcomes.

(Orlando)

**ANTHONY RENNA**

- Host of The Strength Coach Podcast & Strength Coach TV
- Partner at StrengthCoach.com
- Author of *Be Like the Best*



**Be Like the Best – 7 Things I Learned from the Best of the Best**

In the 12 years of doing the Strength Coach Podcast, Anthony has interviewed over 300 fitness professionals, physical therapists, business owners and doctors. For his book on *Be Like the Best*, he picked 50 of the best of the best to dive deeper into their journey of the pursuit of mastery. What is success? What drives them? How do they stay on track? How do they push through their worst times? In this lecture, he will go over the 7 things he learned from his extensive interviews with them.

(Lecture Only)

(Long Beach, Chicago)

**PAT RIGSBY**

- Owner of PatRigsby.com
- Owned and led over 25 different fitness and sports performance businesses including two different award-winning fitness franchises
- Leads Mastermind and Coaching Groups for fitness business owners to grow their clientele, increase their income, improve their impact and build their Ideal Business



**Creating Your Referral Marketing Machine**

We all want a referral-driven business, but asking for referrals can often seem like a daunting task. It doesn’t have to be. In this presentation, Pat will teach you simple methods to consistently generate referrals, build relationships and grow your business without ever feeling like you need to become a marketing expert or asking your clients to ‘sell’ their friends. You’ll be able to competition-proof your business and never run out of high-quality prospects again by applying what you learn in this presentation.

(Lecture Only)

(Orlando, Chicago)

**i** FOR ADDITIONAL INFORMATION, CALL 800-556-7464 or visit [Performbetter.com/seminars](http://Performbetter.com/seminars)

**NICOLE RODRIGUEZ**

- Physical Development Lead at BVB Football (soccer) Academy in Poland
- Guest Lecturer at universities and international conferences
- Formally at MBSC, Olympic Volleyball (NL), Olympic Ice Hockey (youth), EXOS

**Empowering Developing Athletes**

Specific planning starts with having the “end in mind.” In this presentation, Nicole will highlight how to introduce key physical qualities to developing athletes (U8-U18). This session will serve as a guide toward performance training and preparation for the demands of their sport. Specifically, she will look at game demands for football (soccer), volleyball, and basketball and work backwards on how to prepare athletes. In the hands-on session she will highlight ways to organize players in a group setting, with a focus on how to use your tools to help provide structure to keep the players engaged. She will cover coordination, reaction and strength and power development for youth athletes. (Chicago)

**MARTIN ROONEY, MHS, PT, CSCS**

- Founder of Training for Warriors, with over 300 affiliate locations in 28 countries
- Certified over 4,000 trainers worldwide in the Training for Warriors Certification
- Consultant to numerous professional sport teams, Division I universities, Fortune 500 companies and military organizations

**Coach to Coach: 7 Lessons to Help More People Get Better Results**

Over the last 20 years, Martin has coached thousands of athletes and clients to high level performance. In this inspiring lecture, Martin shares the secrets of improving your coaching style to create a better community in your programs. Getting that culture in place is an absolute prerequisite to sharing all of your training and nutrition knowledge. During his high-energy hands-on, Martin will demonstrate the principles of coaching to increase connection and drive better results. (Orlando, Long Beach, Chicago, Providence)

**GREG ROSE, DC**

- Engineer and Doctor of Chiropractic
- Co-Founder of the Titleist Performance Institute (TPI), OnBase University and RacquetFit
- Co-Owner of Functional Movement Systems

**Developing Rotational Athletes – Cradle to Grave**

In this presentation, Dr. Rose will discuss the major steps required to develop competitive level rotational athletes of all ages. Dr. Rose will highlight the key differences in managing youth athletes, high school and college athletes, professional athletes and adult weekend warriors. The focus will be on rotational sports such as golf, tennis and baseball. Topics such as movement screening, yearly programming, power development and skill integration will be covered. (Long Beach, Chicago, Providence)

**DON SALADINO, TPI-3, SFG II, SFB, RKC, FRC, NASM**

- Owner of Drive fitness in NYC and *Men's Health* Advisory Board Member
- One of the most sought after coaches in the world, with a high-profile clientele roster ranging from professional athletes to celebrities and business moguls
- Has launched multiple digital platforms and is the founding partner in half a dozen brands

**Total Brand of a Professional Coach**

Becoming a good trainer is the easy part. Many coaches out there wonder why they continue their education to become the most knowledgeable coach but cannot become successful from a financial standpoint. In this presentation, Don will review 10 points that are imperative in making a six to potential seven figure salary. He will show you how to multiply your client roster as well as develop a call to action with your social media plan. Come learn everything you need to know to become successful on all fronts. (Lecture Only) (Long Beach, Providence)

**MARCO SANCHEZ, CPT, LMT, CFSC**

- Owner of Happy Hour, a Boston-based network of coaches specializing in personal training and sports performance
- Formerly a senior coach at Mike Boyle Strength and Conditioning (2009-2019)
- Formerly the senior educator at Certified Functional Strength Coach and Clinic Director at Movement as Medicine (2015-2019)

**Conditioning: The Head, the Heart and the Why**

This presentation is an intelligent approach on designing effective conditioning programs. We will explore the science and evaluation of the heart, and how to design intelligent conditioning programs for longevity and performance. Stop guessing with random intervals and bouts of conditioning, and learn how to create based on the individual physiology of the clients you interact with. (Orlando, Providence)

**DANA SANTAS, CSCS, E-RYT**

- Breathing, Mobility & Mind/Body Coach for many professional sports teams as well as law enforcement, military special forces, first responders, and veterans
- Best-selling author of *Practical Solutions for Back Pain Relief* (Althea Press 2018) and dozens of articles
- Creator of the YIT (Yoga-Inspired Training) Method for Athletes Coaching Certification

**Making Mobility Training More Effective in Your Programming**

During her nearly two decades as the “Mobility Maker” in pro sports, Dana has experienced firsthand what works and what doesn't with mobility training. In this session, she'll share why context, not sport specificity, is the key to efficacy. You'll learn why the same mobility exercises can be highly effective for different athletes across different sports with different training programs, by using context-dependent modifications. By breaking down fundamental mobility exercises and their potential applications, she'll show you how to identify context (needs/goals, individual/group, environment, schedule, etc.) to determine appropriate application. (Orlando)

**ELIAS SCARR**

- General Manager for Results Fitness, one of *Men's Health* “Top 10 Gyms in America”
- More than 20 years of experience in sales and client experience
- Expert in buying psychology, persuasion and behavioral science

**Becoming an Agent of Influence: The Art of Selling Your Passion**

The second you realize that every conversation is a sale, the easier it gets. You've been selling your whole life. Let's put all that practice into purpose. Influence and persuasion are like any other skill, learnable and coachable. This session gives you actionable tools and techniques to make selling easy. You'll discover how to close more prospects, generate more income from current members and build impenetrable relationships with your clients. (Long Beach)

**MICHAEL SILVA, MS, PT, CSCS**

- Creator of RUNstrong®: educational programming for runners and those who work with runners
- Nationally recognized physical therapist and exercise physiologist with 20 years of experience in the running world
- Owner of FOUNDATION Performance Sports Medicine: physical therapy practice operating in two states with 4 clinics

**From Beginner to Olympian: How to Be Successful Working with Runners**

Runners are a huge part of our population (50 million strong) and a great niche market for many fitness professionals. Learn how to be a health and performance asset to these motivated athletes. Build awareness of foundational health needs and learn running-specific strength. Michael Silva has 20 years of experience in this industry and has presented nationally on these topics. (Orlando)

**BOBBY SMITH, MS, CSCS\*D, RSCC\*D**

- Owner and co-founder of Reach Your Potential Training (RYPT), a sports performance company based out of Tinton Falls, New Jersey.
- Since opening its doors eight years ago, RYPT has had over 4500 registrations and developed 3 educational DVDs
- Won the 2008 Olympic Trials in the javelin

**Speed & Agility Training for Today's Athlete**

I feel that the speed and agility programming at RYPT is unique due to my football and track & field background. We took components of these two sports to develop both our linear system (for first step quickness and breakaway speed) and our lateral system (focusing on change of direction and deceleration while reducing the risk of injury and improving performance). This presentation provides coaches with our detailed 12-week program showing them exactly how to get their athletes faster with decreased risk of injury. (Chicago)

**ROCKY SNYDER, CSCS**

- Nationally recognized expert in human movement with nearly 30 years of professional experience and knowledge
- Has trained thousands of clients ranging from grandparents to professional athletes and Olympic champions
- Currently owns and operates Rocky's Personal Fitness Training, Inc., in Santa Cruz, CA

**Understanding Gait & Posture for Better Program Design**

Traditional strength training can encourage the body out of alignment, reinforce compensatory patterns, and increase pain symptoms and chance of injury. Shouldn't the goal be to bring the body back into a balanced, central position where human potential is at its greatest? This presentation briefly explores the shortcomings of our young science of exercise and delves deeper into an alternative approach to traditional program design through a better understanding of posture and gait analysis that encourages the body to return to center, to re-align posture, reduce pain, and achieve optimal performance. (Long Beach)

**EMILY SPLICAL, DPM, MS, CES**

- CEO / Founder of the Evidence Based Fitness Academy
- Podiatrist and Human Movement Specialist
- Creator of the Barefoot Training Specialist Certification for health and wellness professionals

**The Anterior Pubic Joint: Demystifying Groin Injuries and Athletic Pubalgia**

To date some of the most frustrating and frequently misdiagnosed injuries are those to the groin or the anterior pubic joint. Join Human Movement Specialist Dr. Emily Splichal as she takes a functional approach to chronic anterior pelvic pain and its association with lumbopelvic hip micro-instability and delayed local stabilization pathways. Learn some of the common exercises and progressive programming she uses with her patients as well as her own personal experience with athletic pubalgia. (Providence)

**LEE TAFT, MS, CSCS, USATF LEVEL 1**

- Owner of Lee Taft Athletic Consulting
- Lectures to coaches, schools, and organizations both nationally and internationally on athletic development principles
- Consultant to many athletes, coaches, and teams on the development of multi-directional speed programs

**The Reactive Tier System for Speed**

It is time we realize that an athlete's speed is a product of a task and the environment. The drills we use in a training facility are often distant from how an athlete will actually move in sport. Allow me to share with you a system that all coaches, including you, can use in its entirety or seamlessly fit into your own system to increase an athlete's court, field, ice, or track speed. Learn how perception and predictability play a tremendous role in great athletic speed. The hands-on will change your approach to teaching speed forever! (Orlando)

**KERRY TAYLOR, CSCS, HKC**

- Founder and owner of 212 Health and Performance
- One of the creators of Power Up Recovery
- Best-selling author and Speed & Conditioning Director for the state of Rhode Island



**Deciphering the Kettlebell Matrix**

Kettlebells are an amazing tool to have in your tool box to help change your clients' lives, but teaching how to use them properly can be a challenge. Before you can turn a client loose with kettlebells, you must ensure safe and effective technique. In this session, you will not only learn how to perform all the basic kettlebell movements, but more importantly, how to teach them to your clients, regardless of shape, size and athletic ability. What do cues like "don't break the glass" and "snap the towel" have to do with kettlebells? You'll walk out of this session armed with a complete road map on how to teach these techniques, including progressions and regressions that you can implement into your programs tomorrow. (Chicago)

**RICHARD ULM, DC, MS**

- 20+ years in the fitness industry and former strength coach and national level track and field athlete
- 10 years as a sports physician treating athletes of all levels from local/novice to world champions and professionals
- Teaches strength training, rehabilitation, anatomy and biomechanics all over the world for Athlete Enhancement



**7 Rules to Avoid Low Back Pain in Strength Training**

Lower back pain and injury plague athletics, especially the strength training profession. It frequently limits an athlete's ability to train and often is the reason athletes' seasons and even careers end. In this talk, Dr. Richard Ulm will cover the mechanics of lower back pain/injury; teach you how to properly train the core; and cover how to program core training so your athletes are able to perform at the highest level possible. Every coach who uses strength training with their athletes needs to see this talk. (Chicago, Providence)

**PATRICIA VAN GALEN, MS, CFSC, CPT**

- Owner, Active & Agile...Maximizing Mobility Through the Ages
- Over 40 years in the movement profession across disciplines, organizations and generations; in the trenches trainer-teacher-coach, and soup-to-nuts educator-innovator
- Conducts workshops, in-services, CEC courses, and seminars on active aging nationally and abroad



**Agility – Can We Keep It?**

Agility, often coined the champion of neuromotor abilities, is hit the hardest with aging. Is it a deficiency in sensory input or output? A physiological, neurological or motor issue? An exposure issue? Or a combination? In a provocative update on its contribution to automatic movement and fall resistance, and its role in pursuing lifelong physical literacy, including brain health, Pat will present the most relevant and practical findings from rehab, research, gerontology, masters athletics, S&C, and sport coaching. She will surely tweak your current system of training older adults. Her hands-on will address ways and means to incorporate opportunities to fire, wire, and rewire circuits to preserve and enhance agility for decades to come. (Chicago)

**FRANK VELASQUEZ JR., ATC, CSCS**

- Internationally recognized expert in strength and conditioning, sports medicine, high performance and recovery
- Director of Sports Performance for the Allegheny Health Network (Pittsburgh, PA)
- Former Athletic Trainer and Strength and Conditioning Coach for the Texas Rangers, Pittsburgh Pirates and Team USA Gold Medal winner for the 2017 World Baseball Classic



**Foundation Building Blocks for All**

Learn "foundation" movements and exercise routines that can be used with general fitness, developing youth, active adult and performing athlete client populations. These routines performed prior to more intense exercise, strength training and/or competition will help correct skeletal alignment and muscle imbalances, which result in a reduced risk for injury and performance enhancement. The hands-on session will focus on safe and effective use of open and closed chain exercises to build strength and stability in the pelvic, scapular and lumbar spine areas of the body. (Orlando)

**MARK VERSTEGEN, MS, CSCS**

- President/Founder of EXOS, formerly Athletes' Performance and Core Performance
- Lectures nationally and internationally in the areas of Performance Enhancement and Sustainable Excellence
- Consultant for many top Professional Teams, Serves as the Director of Performance for the NFLPA, and top fitness companies



**The Power Continuum**

In this presentation Mark will share the structure and systems ranging from lower level plyometrics to higher load power development that is safe for all of your clients. Whether you train youth athletes or work with quality aging clients, these systems will work for everyone. (Long Beach)

**LANCE WALKER, MS, PT, CNDS**

- Vice President and Global Director of Michael Johnson Performance
- Over 25 years of professional experience (i.e., making and learning from mistakes) while training, testing, and rehabilitating thousands of athletes across all ages and sports, including many of the fastest athletes to walk the planet in the last 20 years
- Diverse background of "practice" in research, physical therapy, performance training, and strength & conditioning spanning across high school, collegiate, Olympic, and professional sport



**Speed Up to Minimize Slowing Down: Applications of Angular Speed Training to Attack the Deceleration Epidemic in Sport**

Injuries, getting beat, being exposed as too slow in game situations despite having "good speed"...these are all the things that happen when athletes "slow down" (decelerate). Ask yourself if the current methods of deceleration training are making a difference in your athletes. Is your approach to training deceleration open to or in need of any revisions? Instead of training "the brakes," can we look at speed training progressions to "accelerate" deceleration in our athletes? Bring an open-mind and willingness to think differently about movement training as we journey down some rabbit-holes, ask some hard questions of our current programming, openly consider some ongoing and unanswered questions about deceleration, and experience some practical applications of Angular Speed Training progressions as one potential tool to use in the fight against slowing down. (Orlando, Long Beach)

**CHARLIE WEINGROFF, CSCS, TPI, CFSC**

- World-renowned Physical Therapist and Performance Coach
- Director of Physical Performance, Men's Canadian National Basketball Team
- Former Strength & Conditioning Coach, Philadelphia 76ers, NBA



**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. (Orlando, Long Beach)



**NICK WINKELMAN, PHD, XPS, CSCS\*D**

- Head of Athletic Performance & Science at the Irish Rugby Football Union
- Author of *The Language of Coaching: The Art & Science of Teaching Movement*
- Former Director of Training Systems & Education at EXOS



**The Language of Coaching**

Based on his newly released book, *The Language of Coaching*, Nick Winkelman takes you on a practical journey through the world of coaching science and the intersection between a coach's words and their client's movement. If you agree that how you coach is as important as what you coach, then you're not going to want to miss this. (Long Beach, Providence)

**CHUCK WOLF, MS, FAFS**

- Director of Sport Science & Human Performance for Human Motion Associates
- Consults with clients ranging from the rehabilitation setting to professional athletes of the highest skill levels, including many of the top 50 golfers on the PGA & LPGA tours
- Considered one of the industry's leading authorities on functional anatomy and program design



**Shouldering the Load from the Ground Up**

We are all athletes, whether it is in the field of athletics or the field of life. Shoulder injuries often result from limitations that develop within other regions of the body and then compensated for by the shoulder girdle. Learn how important hip and thoracic function are to allow the shoulder successful movements. Develop strategies to improve shoulder function that is applicable for both athletes and those that do not partake in sports. (Orlando)

**ROBERT YANG, MS, CN, CSCS**

- International Speaker in the areas of nutrition and performance enhancement
- Advisory board member for the Titleist Performance Institute and National Pitching Association
- Author of *Hole-in-One Nutrition: A Guide to Fueling Better Golf*



**Protein: A Pro or Con?**

Protein has become a controversial topic in nutrition. Some experts say it's essential to health and performance whereas other experts suggest it is a leading cause of disease and a detriment to performance. Who's right and who's wrong? Many of our clients and athletes are confused about protein consumption. What are the pros and cons? Robert will break it all down in an evidence-based presentation that will give you the necessary information to help guide your clients to make the right choice for them. (Lecture Only) (Providence)

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### THE CONCEPT

Perform Better's Functional Training Summit is designed to provide trainers, coaches and therapists with a combination of lectures and hands-on learning experiences with many of the top professionals in the industry.

### THE FORMAT

Attendees will have a choice of two lectures and two hands-on sessions every 90 minutes. Sign-up for each presentation is not required; however, space may be limited for select hands-on sessions.

### THE STAFF

The presenters will include many of the most respected names in training, conditioning and rehabilitation.

### PLUS

- Friday night complimentary social
- Keynote presentation
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### ACCOMMODATIONS & THE ORLANDO AREA

Ideally located on Orlando's International Drive, the Rosen Plaza Hotel surrounds you with Orlando's world-famous attractions. Stroll around the 17-acre, open-air shopping, dining and entertainment complex known as Pointe Orlando or drive just a few minutes to visit the Walt Disney World and Universal Studios Theme Parks. The Rosen Plaza's beautiful 800-room hotel combines impressive meeting space with resort-style luxury in a world-class vacation destination.

### HOTEL RESERVATIONS

**Rosen Plaza Hotel**  
 9700 International Drive, Orlando, FL 32819  
**407-996-9700**

Reserve by May 13, 2020, and receive the special rate of \$155 per night when you mention the Perform Better Summit. Reserve early! Room blocks are limited.

### PRE-CONFERENCE

See pg. 2 for more information on the FREE bonus Pre-Conference sessions featuring Thomas Plummer and Alwyn Cosgrove.



Rosen Plaza Hotel



THURSDAY, JUNE 4				
TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
10:30 – 5:00	Registration			
1:00 – 5:00	<b>Bonus Pre-Cons</b> <b>Thomas Plummer</b> —How to Become That Public Speaker You Always Dreamed of Becoming			
1:00 – 5:00	<b>Bonus Pre-Cons</b> <b>Alwyn Cosgrove</b> —Fitness Career 2020			
FRIDAY, JUNE 5				
8:00 – 9:15	Registration			
9:15 – 10:30	<b>Josh Henkin</b> Train the Planes To Connect the Chains	<b>Rick Mayo</b> K.I.S.S.: Achieve More By Doing Less (Lecture Only)	<b>Charlie Weingroff</b> Hacking the Hinge	<b>Rachel Cosgrove</b> The Female Body Breakthrough Over 40
10:45 – 12:00	<b>Mike Boyle</b> Training Kids	<b>John D'Amico</b> Optimizing the Aging Client	<b>Lance Walker</b> Speed Up to Minimize Slowing Down	<b>Brian Nguyen</b> Planes, Trains and Automobiles
12:00 – 1:15	Lunch On Your Own			
1:15 – 2:30	<b>Charlie Weingroff</b> Lessons Learned From 10 Years on Tour	<b>Rachel Cosgrove</b> The Female Body Breakthrough Over 40	<b>Mike Boyle</b> Training Kids	<b>John D'Amico</b> Optimizing the Aging Client
2:45 – 4:00	<b>Alwyn Cosgrove</b> Program Design Evolution for the 2020 Client	<b>Brian Nguyen</b> Planes, Trains and Automobiles	<b>Josh Henkin</b> Train the Planes To Connect the Chains	<b>Ingrid Marcum</b> Becoming Unshakable: Building Mental & Physical Resilience (Hands-On Only)
4:15 – 5:30	<b>Lance Walker</b> Speed Up to Minimize Slowing Down	<b>Thomas Plummer</b> The Biggest Mistakes You Will Make in Your Career and Your Life (Lecture Only)	<b>Alwyn Cosgrove</b> Program Design Evolution for the 2020 Client	<b>Marc Lebert</b> New Tools for Your Bootcamps & Group Training (Hands-On Only-Repeat)
5:45 – 6:30	Featured Presentation (Lecture Room 1)			
6:30 – 8:30	Social			
SATURDAY, JUNE 6				
8:00 – 9:15	<b>Lee Burton</b> A New Look at Corrective Strategies	<b>Lee Taft</b> The Reactive Tier System for Speed	<b>Martin Rooney</b> Coach to Coach: 7 Lessons to Help More People Get Better Results	<b>Ingrid Marcum</b> Becoming Unshakable: Building Mental & Physical Resilience (Hands-On Only-Repeat)
9:30 – 10:45	<b>Ian Jeffreys</b> Forget Speed & Agility-Think Gamespeed	<b>Marco Sanchez</b> Conditioning: The Head, the Heart and the Why	<b>Lee Burton</b> A New Look at Corrective Strategies	<b>Marc Lebert</b> New Tools for Your Bootcamps & Group Training (Hands-On Only-Repeat)
11:00 – 12:15	<b>Martin Rooney</b> Coach to Coach: 7 Lessons to Help More People Get Better Results	<b>Jennifer Reiner-Marcello</b> Assess, Don't Guess!	<b>Ali Gilbert Weingroff</b> Toggling the Metabolism: Strategies for The Stubborn Fat Loss Client	<b>Lee Taft</b> The Reactive Tier System for Speed
12:15 – 1:30	Lunch On Your Own			
1:30 – 2:45	<b>Dana Santas</b> Making Mobility Training More Effective in Your Programming	<b>Pat Rigsby</b> Creating Your Referral Marketing Machine (Lecture Only)	<b>Ian Jeffreys</b> Forget Speed & Agility-Think Gamespeed	<b>Marco Sanchez</b> Conditioning: The Head, the Heart and the Why
3:00 – 4:15	<b>Kevin Carr</b> Rehab 101: A Coach's Guide to Rehab	<b>John Graham</b> Astonish Your Clients With Plans That Maximize Outcomes	<b>Dana Santas</b> Making Mobility Training More Effective in Your Programming	<b>Jennifer Reiner-Marcello</b> Assess, Don't Guess!
4:30 – 5:45	<b>Ali Gilbert Weingroff</b> Toggling the Metabolism: Strategies for The Stubborn Fat Loss Client	<b>Vincent Gabriele</b> Complete Sales Mastery (Lecture Only)	<b>Kevin Carr</b> Rehab 101: A Coach's Guide to Rehab	<b>John Graham</b> Astonish Your Clients With Plans That Maximize Outcomes
SUNDAY, JUNE 7				
8:00 – 9:15	<b>Michael Silva</b> From Beginner to Olympian: How to Be Successful Working with Runners	<b>Jena Gatses</b> Recovery: Are You Even Doing It Right?	<b>Michol Dalcourt</b> Dead Starts for Strength & Power	<b>Travis Barnes</b> Group Training to Combat Competition
9:30 – 10:45	<b>Chuck Wolf</b> Shouldering the Load From the Ground Up	<b>Frank Velasquez Jr.</b> Foundation Building Blocks for All	<b>Michael Silva</b> From Beginner to Olympian: How to Be Successful Working with Runners	<b>Jena Gatses</b> Recovery: Are You Even Doing It Right?
11:00 – 12:15	<b>Michol Dalcourt</b> Dead Starts for Strength & Power	<b>Travis Barnes</b> Competition Combat	<b>Chuck Wolf</b> Shouldering the Load From the Ground Up	<b>Frank Velasquez Jr.</b> Foundation Building Blocks for All
*****Speakers Subject to Change*****				



JUNE 18–21, 2020

# LONG BEACH, CA

LONG BEACH CONVENTION AND ENTERTAINMENT CENTER

**YOUR CHOICE OF TWO LECTURES AND TWO HANDS-ON SESSIONS EVERY 90 MINUTES**

To register and get more information, call Perform Better toll-free at 800-556-7464 or visit [performbetter.com/seminars](http://performbetter.com/seminars)



**THE CONCEPT**

Perform Better's Functional Training Summit is designed to provide trainers, coaches and therapists with a combination of lectures and hands-on learning experiences with many of the top professionals in the industry.

**THE FORMAT**

Attendees will have a choice of two lectures and two hands-on sessions every 90 minutes. Sign-up for each presentation is not required; however, space may be limited for select hands-on sessions.

**THE STAFF**

The presenters will include many of the most respected names in training, conditioning and rehabilitation.

**PLUS**

- Friday night complimentary social
- Keynote presentation

**THE ACCOMMODATIONS & THE LONG BEACH AREA**

The Long Beach area exudes Southern California's matchless personality: chic and casually elegant. The location offers trendy boutiques, fine dining and a rousing nightlife. We suggest the Hyatt Regency Long Beach Hotel because it is connected to the site of our Summit activities at the Long Beach Convention and Entertainment Center. The Hyatt offers a complete fitness center, heated pool and a reputation for fine cuisine and service.

**HOTEL RESERVATIONS**

**The Hyatt Regency Long Beach Hotel**  
200 South Pine Avenue, Long Beach, CA 90802  
800-233-1234

Reserve by May 27, 2020, and receive the special rate of \$223 per night when you mention the Perform Better Summit. Reserve early! Room blocks are limited.

**PRE-CONFERENCE**

See pg. 2 for more information on the FREE bonus Pre-Conference sessions featuring Thomas Plummer and Alwyn Cosgrove.



Long Beach Convention & Entertainment Center



THURSDAY, JUNE 18				
TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
10:30 – 5:00	Registration			
1:00 – 5:00	<b>Bonus Pre-Con</b> <b>Thomas Plummer</b> —How to Become That Public Speaker You Always Dreamed of Becoming			
1:00 – 5:00	<b>Bonus Pre-Cons</b> <b>Alwyn Cosgrove</b> —Fitness Career 2020			
FRIDAY, JUNE 19				
8:00 – 9:15	Registration			
9:15 – 10:30	<b>Mark Verstegen</b> The Power Continuum	<b>Rachel Cosgrove</b> The Female Body Breakthrough Over 40	<b>Charlie Weingroff</b> Hacking the Hinge	<b>Marc Lebert</b> New Tools for Your Bootcamps & Group Training (Hands-On Only)
10:45 – 12:00	<b>Gray Cook</b> Blending Correctives Into Your Workouts	<b>Don Saladino</b> Total Brand of a Professional Coach (Lecture Only)	<b>Mark Verstegen</b> The Power Continuum	<b>Ingrid Marcum</b> Becoming Unshakable: Building Mental & Physical Resilience
12:00 – 1:15	Lunch On Your Own			
1:15 – 2:30	<b>Charlie Weingroff</b> Lessons Learned From 10 Years on Tour	<b>Rocky Snyder</b> Understanding Gait & Posture for Better Program Design	<b>Josh Henkin</b> Train the Planes To Connect the Chains	<b>Rachel Cosgrove</b> The Female Body Breakthrough Over 40
2:45 – 4:00	<b>Alwyn Cosgrove</b> Program Design Evolution for the 2020 Client	<b>Ingrid Marcum</b> Becoming Unshakable: Building Mental & Physical Resilience	<b>Gray Cook</b> Blending Correctives Into Your Workouts	<b>Frank Nash</b> Creating Your Ultimate Fitness Culture (Hands-On Only)
4:15 – 5:30	<b>Josh Henkin</b> Train the Planes To Connect the Chains	<b>Thomas Plummer</b> The Biggest Mistakes You Will Make in Your Career and Your Life (Lecture Only)	<b>Alwyn Cosgrove</b> Program Design Evolution for the 2020 Client	<b>Rocky Snyder</b> Understanding Gait & Posture for Better Program Design
5:45 – 6:30	Featured Presentation (Lecture Room I)			
6:30 – 8:30	Social			
SATURDAY, JUNE 20				
8:00 – 9:15	<b>Lee Burton</b> A New Look At Corrective Strategies	<b>Adam Feit</b> The Psychology of Nutritional Change (Lecture Only)	<b>Martin Rooney</b> Coach to Coach: 7 Lessons to Help More People Get Better Results	<b>Brian Nguyen</b> Planes, Trains and Automobiles (Hands-On Only)
9:30 – 10:45	<b>Brandon Marcello</b> Myths, Misconceptions and Truths About Training	<b>Michol Dalcourt</b> Dead Starts for Strength & Power	<b>Lee Burton</b> A New Look At Corrective Strategies	<b>Lance Walker</b> Speed Up to Minimize Slowing Down
11:00 – 12:15	<b>Martin Rooney</b> Coach to Coach: 7 Lessons to Help More People Get Better Results	<b>Brendon Rearick</b> Building Exercise Checklists for Successful Training	<b>Nick Winkelman</b> The Art & Science of Coaching Speed	<b>Frank Nash</b> Creating Your Ultimate Fitness Culture (Hands-On Only-Repeat)
12:15 – 1:30	Lunch On Your Own			
1:30 – 2:45	<b>Greg Rose</b> Developing Rotational Athletes—Cradle to Grave	<b>Lance Walker</b> Speed Up to Minimize Slowing Down	<b>Todd Durkin</b> Top 20 Lessons in 20 Years	<b>Michol Dalcourt</b> Dead Starts for Strength & Power
3:00 – 4:15	<b>Nick Winkelman</b> The Language of Coaching	<b>Robert Dos Remedios</b> Why Misunderstanding Power Can Be Hurting Your Clients	<b>Brandon Marcello</b> Myths, Misconceptions and Truths About Training	<b>Brendon Rearick</b> Building Exercise Checklists for Successful Training
4:30 – 5:45	<b>Todd Durkin</b> Top 20 Lessons in 20 Years	<b>Mark Fisher</b> Getting More Clients Without Being Cheesy, Spammy, or Salesy (Lecture Only)	<b>Greg Rose</b> Developing Rotational Athletes—Cradle to Grave	<b>Robert Dos Remedios</b> Why Misunderstanding Power Can Be Hurting Your Clients
SUNDAY, JUNE 21				
8:00 – 9:15	<b>Sue Falsone</b> Managing Back Pain: What Are We Really Doing?	<b>Dan Kleckner</b> 5 Steps to Building a Financially Successful Training Gym	<b>Mary Kate Feit</b> Optimizing Your Coaching Behaviors to Maximize Your Impact	<b>Marc Lebert</b> New Tools for Your Bootcamps & Group Training (Hands-On Only-Repeat)
9:30 – 10:45	<b>Frank Dolan</b> The 5 Most Common Mistakes of Program Design	<b>Anthony Renna</b> Be Like the Best—7 Things I Learned From the Best of the Best (Lecture Only)	<b>Sue Falsone</b> Managing Back Pain: What Are We Really Doing?	<b>Dan Kleckner</b> 5 Steps to Building a Financially Successful Training Gym
11:00 – 12:15	<b>Mary Kate Feit</b> Optimizing Your Coaching Behaviors to Maximize Your Impact	<b>Elias Scarr</b> Becoming an Agent of Influence: The Art of Selling Your Passion (Lecture Only)	<b>Frank Dolan</b> Rethinking Dynamic Warm-up: Concepts and Exercises to Get the Most Out of Your Preparation	<b>Brian Nguyen</b> Planes, Trains and Automobiles (Hands-On Only-Repeat)

\*\*\*\*\*Speakers Subject to Change\*\*\*\*\*



JULY 16-19, 2020

# CHICAGO, IL

DONALD E. STEPHENS CONVENTION CENTER

## YOUR CHOICE OF TWO LECTURES AND TWO HANDS-ON SESSIONS EVERY 90 MINUTES

To register and get more information, call Perform Better toll-free at 800-556-7464 or visit [performbetter.com/seminars](http://performbetter.com/seminars)

**EARLY BIRD SPECIAL!**  
**\$289**  
 6 Weeks Prior to Summit

**THE CONCEPT**

Perform Better's Functional Training Summit is designed to provide trainers, coaches and therapists with a combination of lectures and hands-on learning experiences with many of the top professionals in the industry.

**THE FORMAT**

Attendees will have a choice of two lectures and two hands-on sessions every 90 minutes. Sign-up for each presentation is not required; however, space may be limited for select hands-on sessions.

**THE STAFF**

The presenters will include many of the most respected names in training, conditioning and rehabilitation.

**PLUS**

- Friday night complimentary social
- Keynote presentation

**ACCOMMODATIONS & THE CITY OF ROSEMONT**

Located directly between the City of Chicago and Chicago O'Hare, Rosemont is easily accessible from both major highways and public transportation. Visitors are just steps away from a nine-acre entertainment center, MB Financial Park at Rosemont, as well as the Fashion Outlets of Chicago and the Rosemont Theatre. With lots of dining and entertainment all in one location, come see what all the buzz is about!

**HOTEL RESERVATIONS**

**Hyatt Regency O'Hare**  
 9300 W Bryn Mawr Avenue, Rosemont, IL 60018  
**847-696-1234**

Reserve by June 17, 2020, and receive the special rate of \$179 per night when you mention the Perform Better Summit. Reserve early! Room blocks are limited.

**PRE-CONFERENCE**

See pg. 2 for more information on the FREE bonus Pre-Conference sessions featuring Thomas Plummer and Alwyn Cosgrove.



Donald E. Stephens Convention Center



THURSDAY, JULY 16				
TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
10:30 - 5:00	Registration			
1:00 - 5:00	<b>Bonus Pre-Con</b> <b>Thomas Plummer</b> —How to Become That Public Speaker You Always Dreamed of Becoming			
1:00 - 5:00	<b>Bonus Pre-Cons</b> <b>Alwyn Cosgrove</b> —Fitness Career 2020			
FRIDAY, JULY 17				
8:00 - 9:15	Registration			
9:15 - 10:30	<b>Eric Cressey</b> Spine-Sparing Training Strategies	<b>Brendon Rearick</b> Building Exercise Checklists for Successful Training	<b>Greg Rose</b> Developing Rotational Athletes—Cradle to Grave	<b>Brian Nguyen</b> Planes, Trains and Automobiles (Hands-On Only)
10:45 - 12:00	<b>Mike Boyle</b> Training Kids	<b>Rick Mayo</b> K.I.S.S.: Achieve More By Doing Less (Lecture Only)	<b>Eric Cressey</b> Spine-Sparing Training Strategies	<b>Jason Glass</b> Load & Go! Rotational Power
12:00 - 1:15	Lunch On Your Own			
1:15 - 2:30	<b>Gray Cook</b> Blending Correctives Into Your Workouts	<b>Jason Glass</b> Load & Go! Rotational Power	<b>Mike Boyle</b> Training Kids	<b>Ingrid Marcum</b> Becoming Unshakable: Building Mental & Physical Resilience (Hands-On Only)
2:45 - 4:00	<b>Alwyn Cosgrove</b> Program Design Evolution for the 2020 Client	<b>Bill Parisi</b> Fascia Training in Application	<b>Gray Cook</b> Blending Correctives Into Your Workouts	<b>Brendon Rearick</b> Building Exercise Checklists for Successful Training
4:15 - 5:30	<b>Greg Rose</b> Developing Rotational Athletes—Cradle to Grave	<b>Thomas Plummer</b> The Biggest Mistakes You Will Make in Your Career and Your Life (Lecture Only)	<b>Alwyn Cosgrove</b> Program Design Evolution for the 2020 Client	<b>Bill Parisi</b> Fascia Training in Application
5:45 - 6:30	Featured Presentation (Lecture Room I)			
6:30 - 8:30	Social			
SATURDAY, JULY 18				
8:00 - 9:15	<b>Lee Burton</b> A New Look at Corrective Strategies	<b>Richard Ulm</b> 7 Rules to Avoid Low Back Pain in Strength Training	<b>Martin Rooney</b> Coach to Coach: 7 Lessons to Help More People Get Better Results	<b>Justin Grinnell</b> Fat Loss & Hypertrophy Training For the Adult Client
9:30 - 10:45	<b>Brandon Marcello</b> Myths, Misconceptions and Truths About Training	<b>Nicole Rodriguez</b> Empowering Developing Athletes	<b>Lee Burton</b> A New Look at Corrective Strategies	<b>Brian Nguyen</b> Planes, Trains and Automobiles (Hands-On Only-Repeat)
11:00 - 12:15	<b>Martin Rooney</b> Coach to Coach: 7 Lessons to Help More People Get Better Results	<b>Justin Grinnell</b> Recruiting and Onboarding Members And Clients in Your Community	<b>Brandon Marcello</b> Myths, Misconceptions and Truths About Training	<b>Richard Ulm</b> 7 Rules to Avoid Low Back Pain in Strength Training
12:15 - 1:30	Lunch On Your Own			
1:30 - 2:45	<b>Sue Falsone</b> Managing Back Pain: What Are We Really Doing?	<b>Anthony Renna</b> Be Like the Best-7 Things I Learned From the Best of the Best (Lecture Only)	<b>Josh Henkin</b> Train the Planes To Connect the Chains	<b>Nicole Rodriguez</b> Empowering Developing Athletes
3:00 - 4:15	<b>Dan John</b> Bounce	<b>Robert Dos Remedios</b> Why Misunderstanding Power Can Be Hurting Your Clients	<b>Sue Falsone</b> Managing Back Pain: What Are We Really Doing?	<b>Ingrid Marcum</b> Becoming Unshakable: Building Mental & Physical Resilience (Hands-On Only-Repeat)
4:30 - 5:45	<b>Josh Henkin</b> Train the Planes To Connect the Chains	<b>Pat Rigsby</b> Creating Your Referral Marketing Machine (Lecture Only)	<b>Dan John</b> Bounce	<b>Robert Dos Remedios</b> Why Misunderstanding Power Can Be Hurting Your Clients
SUNDAY, JULY 19				
8:00 - 9:15	<b>Patricia VanGalen</b> Agility...Can We Keep It?	<b>Mike Perry</b> Everyone Should Squat	<b>Wil Fleming</b> The Truth About Velocity Based Training	<b>Kerry Taylor</b> Deciphering the Kettlebell Matrix Training
9:30 - 10:45	<b>Michael Mullin</b> Managing and Optimizing Pressure and Tension	<b>Bobby Smith</b> Speed & Agility Training for Today's Athlete	<b>Patricia VanGalen</b> Agility...Can We Keep It?	<b>Mike Perry</b> Everyone Should Squat
11:00 - 12:15	<b>Wil Fleming</b> The Truth About Velocity Based Training	<b>Kerry Taylor</b> Deciphering the Kettlebell Matrix	<b>Michael Mullin</b> Managing and Optimizing Pressure and Tension	<b>Bobby Smith</b> Speed & Agility Training for Today's Athlete
*****Speakers Subject to Change*****				



JULY 30–AUGUST 2, 2020

# PROVIDENCE, RI

RHODE ISLAND CONVENTION CENTER

**YOUR CHOICE OF TWO LECTURES AND TWO HANDS-ON SESSIONS EVERY 90 MINUTES**

To register and get more information, call Perform Better toll-free at 800-556-7464 or visit [performbetter.com/seminars](http://performbetter.com/seminars)



**THE CONCEPT**

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**THE FORMAT**

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**THE STAFF**

The presenters will include many of the most respected names in training, conditioning and rehabilitation.

**PLUS**

- Friday night complimentary social
- Keynote presentation

**THE ACCOMMODATIONS & THE CITY OF PROVIDENCE**

Rhode Island has something for everyone. From Newport mansions to the dynamic capital of Providence, there is plenty to see and do in the Ocean State. It's home to beautiful beaches, historic places, great shopping and fine dining, all within a few minutes of your hotel.

**HOTEL RESERVATIONS**

**Omni Hotel**  
1 West Exchange Street, Providence, RI 02903  
**401-598-8000**

Reserve by July 10, 2020, and receive the special rate of \$189 per night when you mention the Perform Better Summit. Reserve early! Room blocks are limited.

**PRE-CONFERENCE**

See pg. 2 for more information on the FREE bonus Pre-Conference sessions featuring Thomas Plummer and Alwyn Cosgrove.



Rhode Island Convention Center



THURSDAY, JULY 30				
TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
10:30 – 5:00	Registration			
1:00 – 5:00	<b>Bonus Pre-Con</b> <b>Thomas Plummer</b> —How to Become That Public Speaker You Always Dreamed of Becoming			
1:00 – 5:00	<b>Bonus Pre-Con</b> <b>Alwyn Cosgrove</b> —Fitness Career 2020			
FRIDAY, JULY 31				
8:00 – 9:15	Registration			
9:15 – 10:30	<b>Eric Cressey</b> Spine-Sparing Training Strategies	<b>Rick Mayo</b> K.I.S.S.: Achieve More By Doing Less (Lecture Only)	<b>Todd Durkin</b> Top 20 Lessons in 20 Years	<b>Josh Henkin</b> Train the Planes To Connect the Chains (Hands-On Only)
10:45 – 12:00	<b>Mike Boyle</b> Training Kids	<b>Richard Ulm</b> 7 Rules to Avoid Low Back Pain in Strength Training	<b>Eric Cressey</b> Spine-Sparing Training Strategies	<b>Bill Parisi</b> Fascia Training in Application
12:00 – 1:15	Lunch On Your Own			
1:15 – 2:30	<b>Todd Durkin</b> Top 20 Lessons in 20 Years	<b>Bill Parisi</b> Fascia Training in Application	<b>Gray Cook</b> Blending Correctives Into Your Workouts	<b>Richard Ulm</b> 7 Rules to Avoid Low Back Pain in Strength Training
2:45 – 4:00	<b>Alwyn Cosgrove</b> Program Design Evolution for the 2020 Client	<b>Molly Galbraith</b> A Women's Worth: How to Help Your Female Clients Improve Their Body Image	<b>Mike Boyle</b> Training Kids	<b>Brian Nguyen</b> Planes, Trains and Automobiles (Hands-On Only)
4:15 – 5:30	<b>Gray Cook</b> Blending Correctives Into Your Workouts	<b>Thomas Plummer</b> The Biggest Mistakes You Will Make in Your Career and Your Life (Lecture Only)	<b>Alwyn Cosgrove</b> Program Design Evolution for the 2020 Client	<b>Molly Galbraith</b> A Women's Worth: How to Help Your Female Clients Improve Their Body Image
5:45 – 6:30	Featured Presentation (Lecture Room I)			
6:30 – 8:30	Social			
SATURDAY, AUGUST 1				
8:00 – 9:15	<b>Brandon Marcello</b> Myths, Misconceptions and Truths About Training	<b>Emily Splichal</b> The Anterior Pubic Joint: Demystifying Groin Injuries & Athletic Pubalgia	<b>Martin Rooney</b> Coach to Coach: 7 Lessons to Help More People Get Better Results	<b>Brian Nguyen</b> Planes, Trains and Automobiles (Hands-On Only-Repeat)
9:30 – 10:45	<b>Greg Rose</b> Developing Rotational Athletes—Cradle to Grave	<b>Don Saladino</b> Total Brand of a Professional Coach (Lecture Only)	<b>Brandon Marcello</b> Myths, Misconceptions and Truths About Training	<b>Emily Splichal</b> The Anterior Pubic Joint: Demystifying Groin Injuries & Athletic Pubalgia
11:00 – 12:15	<b>Martin Rooney</b> Coach to Coach: 7 Lessons to Help More People Get Better Results	<b>Jason Glass</b> Load & Go! Rotational Power	<b>Greg Rose</b> Developing Rotational Athletes—Cradle to Grave	<b>Josh Henkin</b> Train the Planes To Connect the Chains (Hands-On Only- Repeat)
12:15 – 1:30	Lunch On Your Own			
1:30 – 2:45	<b>Dan John</b> Bounce	<b>Vincent Gabriele</b> Complete Sales Mastery (Lecture Only)	<b>Nick Winkelman</b> The Art & Science of Coaching Speed	<b>Jason Glass</b> Load & Go! Rotational Power
3:00 – 4:15	<b>Sue Falsone</b> Managing Back Pain: What Are We Really Doing?	<b>John Graham</b> Astonish Your Clients with Plans That Maximize Outcomes	<b>Dan John</b> Bounce	<b>Marco Sanchez</b> Conditioning: The Head, the Heart and the Why (Hands-On Only)
4:30 – 5:45	<b>Nick Winkelman</b> The Language of Coaching	<b>Robert Yang</b> Protein: A Pro or Con? (Lecture Only)	<b>Sue Falsone</b> Managing Back Pain: What Are We Really Doing?	<b>John Graham</b> Astonish Your Clients with Plans That Maximize Outcomes
SUNDAY, AUGUST 2				
8:00 – 9:15	<b>Kevin Carr</b> Rehab 101: A Coach's Guide to Rehab	<b>Frank Nash</b> Creating Your Ultimate Fitness Culture	<b>Michael Mullin</b> Managing and Optimizing Pressure and Tension	<b>Marco Sanchez</b> Conditioning: The Head, the Heart and the Why (Hands-On Only-Repeat)
9:30 – 10:45	<b>Ali Gilbert Weingroff</b> Toggling the Metabolism: Strategies for The Stubborn Fat Loss Client	<b>Mark Fisher</b> Getting More Clients Without Being Cheesy, Spammy, or Salesy (Lecture Only)	<b>Kevin Carr</b> Rehab 101: A Coach's Guide to Rehab	<b>Frank Nash</b> Creating Your Ultimate Fitness Culture
11:00 – 12:15	<b>Michael Mullin</b> Managing and Optimizing Pressure and Tension	<b>Geralyn Coopersmith</b> Fitness Career Transformation (Lecture Only)	<b>Ali Gilbert Weingroff</b> Toggling the Metabolism: Strategies for The Stubborn Fat Loss Client	<b>Ian Manning</b> How to Use PNF Patterns to Improve Mobility & Strength (Hands-On Only)
*****Speakers Subject to Change*****				