

Perform Better Functional Training Summit
July 15 – 17, 2022
Chicago, IL

THURSDAY SCHEDULE

---REGISTRATION---

FRIDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
1:00 – 4:00	---REGISTRATION---			
8:00 – 4:00	---REGISTRATION---			
9:15 – 10:30	<i>Ian Jeffreys</i> Decoding Coaching Greatness and What It Means For Our Practice	<i>Wil Fleming</i> Building the Strongest Athlete in American History: A Multi-Disciplinary Approach to Breaking Records	<i>Bill Parisi</i> The Anatomy of Speed	<i>Kerry Taylor</i> Deciphering the Kettlebell Matrix <i>(Hands-On Only)</i>
10:45 – 12:00	<i>Eric Cressey</i> Thinking Upstream: Key Movement Lessons That Hold Up Across All Sports and Body Types	<i>Mike Perry</i> Principles of Program Design	<i>Ian Jeffreys</i> Decoding Coaching Greatness and What It Means For Our Practice	<i>Wil Fleming</i> Building the Strongest Athlete in American History: A Multi-Disciplinary Approach to Breaking Records
12:00 – 1:15	Lunch On Your Own			
1:15 – 2:30	<i>Emily Splichal</i> Neurosensory Stacking! A New Approach to Stabilization	<i>Brendon Rearick</i> Coaching Rules: The Presentation I Wish I Had When I Started My Career <i>(Lecture Only)</i>	<i>Eric Cressey</i> Thinking Upstream: Key Movement Lessons That Hold Up Across All Sports and Body Types	<i>Mike Perry</i> Principles of Program Design
2:45 – 4:00	<i>Greg Rose</i> Training Ground Force Reactions in Rotary Athletes-The Key to Power	<i>Vincent Gabriele</i> How to Get Your Next 20 Small Group Personal Training Clients in 30 Days <i>(Lecture Only)</i>	<i>Emily Splichal</i> Neurosensory Stacking! A New Approach to Stabilization	<i>Brendon Rearick</i> This Looks a Lot Like That! <i>(Hands-On Only)</i>
4:15 – 5:30	<i>Bill Parisi</i> The Anatomy of Speed	<i>Anthony Renna</i> Be Like the Best – 7 Things I Learned From The Best of The Best <i>(Lecture Only)</i>	<i>Greg Rose</i> Training Ground Force Reactions in Rotary Athletes-The Key to Power	<i>Kerry Taylor</i> Deciphering the Kettlebell Matrix <i>(Hands-On Only - Repeat)</i>
5:45 – 6:30	Q & A With All Presenters <i>(In Hands on 1)</i>			
6:30 – 8:30	----SOCIAL----			

SATURDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:15	<i>Dan John</i> Bounce: Resilience and the Strength Coach	<i>Guy Massi</i> Becoming a HyperNova: Intro to Understanding Programming for Speed, Force, Max	<i>Martin Rooney</i> How to Coach for Culture	<i>Corey Taylor</i> Achieving Peak Performance When It Matters Most (<i>Hands-On Only</i>)
9:30 – 10:45	<i>Charlie Weingroff</i> Lateralizations & Regressions: A System of How Trainers, Coaches and Therapists Work Together	<i>Robert Yang</i> Milk Does A Body Good! Or Does It? (<i>Lecture Only</i>)	<i>Dan John</i> Bounce: Resilience and the Strength Coach	<i>Guy Massi</i> Becoming a HyperNova: Intro to Understanding Programming for Speed, Force, Max
11:00 – 12:15	<i>Rick Mayo</i> Level Up! 30 Years of Hard Lessons (<i>Lecture Only</i>)	<i>Ingrid Marcum</i> Becoming Unshakeable: Building Mental and Physical Resilience	<i>Ali Gilbert</i> The Metabolic Male: A Unique Approach to Conquering Men's Metabolism	<i>Corey Taylor</i> Achieving Peak Performance When It Matters Most (<i>Hands-On Only - Repeat</i>)
12:15 – 1:30	Lunch On Your Own			
1:30 – 2:45	<i>Martin Rooney</i> How to Coach for Culture	<i>Duane Carlisle</i> The Art of Coaching: Youth Through Professional Athletes and Business Executives	<i>Charlie Weingroff</i> Lateralizations & Regressions: A System of How Trainers, Coaches and Therapists Work Together	<i>Ingrid Marcum</i> Becoming Unshakeable: Building Mental and Physical Resilience
3:00 – 4:15	<i>Josh Henkin</i> Why You Aren't Programming Functional Training Correctly	<i>Nicole Rodriguez</i> Managing the Specialized Youth Athlete	<i>Brian Nguyen</i> Mastery vs Passion: The True Path to Impact and Happiness Through Your Work (<i>Hands-On Only</i>)	<i>Duane Carlisle</i> The Art of Coaching: Youth Through Professional Athletes and Business Executives
4:30 – 5:45	<i>Ali Gilbert</i> The Metabolic Male: A Unique Approach to Conquering Men's Metabolism	<i>Justin Grinnell</i> The Personal Trainer and Training Gym Owner of the Future (<i>Lecture Only</i>)	<i>Josh Henkin</i> Why You Aren't Programming Functional Training Correctly	<i>Nicole Rodriguez</i> Managing the Specialized Youth Athlete

SUNDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:15	<i>Frank Dolan</i> The 5 Most Common Mistakes of Program Design (<i>Lecture Only</i>)	<i>Bobby Smith</i> Considerations for Training the Female Athlete	<i>Jessica Bento</i> Dispelling Myths & Creating Better Solutions for Low Back Pain	<i>Frank Velasquez</i> Strength Training for Skeletal Alignment
9:30 – 10:45	<i>Marco Sanchez</i> Customized Training for Longevity and Disease Mitigation	<i>Patricia Van Galen</i> Female, Resilient and Robust...But Different	<i>Frank Dolan</i> Rethinking Dynamic Warm Up: Concepts and Exercises to Get the Most out of Your Preparation (<i>Hands-On Only</i>)	<i>Bobby Smith</i> Considerations for Training the Female Athlete
11:00 – 12:15	<i>Jessica Bento</i> Dispelling Myths & Creating Better Solutions for Low Back Pain	<i>Frank Velasquez</i> Strength Training for Skeletal Alignment	<i>Marco Sanchez</i> Customized Training for Longevity and Disease Mitigation	<i>Patricia Van Galen</i> Female, Resilient and Robust...But Different

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