

Perform Better Functional Training Summit
August 26 - 28
Providence, RI

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>Peter Twist</i> Resiliency & Adaptability – Mind + Body	<i>Frank Nash</i> The 10 Commandments of Fitness Coaching	<i>Nick Winkelman</i> Stop Talking and Start Coaching	<i>Kerry Taylor</i> Deciphering the Kettlebell Matrix (<i>Hands-On Only</i>)
10:45 – 12:00	<i>Gray Cook</i> The Business of Movement	<i>Boo Schexnayder</i> Knee Injuries – Rehab and Return to Play Planning	<i>Peter Twist</i> Resiliency & Adaptability – Mind + Body	<i>Frank Nash</i> The 10 Commandments of Fitness Coaching
12:00 – 1:15	Lunch On Your Own			
1:15 – 2:30	<i>Nick Winkelman</i> Stop Talking and Start Coaching	<i>Don Saladino</i> How to Monetize an Online Fitness Business (<i>Lecture Only</i>)	<i>Gray Cook</i> The Business of Movement	<i>Boo Schexnayder</i> Knee Injuries – Rehab and Return to Play Planning
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>Mike Boyle</i> The Cost of Exercise	<i>Brandon Marcello</i> Wearable Technology – The Good, The Bad, The Insights, and The Error
4:15 – 5:30	<i>Mike Boyle</i> The Cost of Exercise	<i>Brandon Marcello</i> Wearable Technology – The Good, The Bad, The Insights, and The Error	<i>Greg Rose</i> Training Ground Force Reactions in Rotary Athletes-The Key to Power	<i>Don Saladino</i> Superhero Training (<i>Hands-On Only</i>)
5:45 – 6:30	Q & A With All Presenters <i>(In Hands on 2)</i>			
6:30 – 8:30	----SOCIAL----			

SATURDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:15	<i>Sue Falsone</i> Yoga for Athletes – The Mind/Body/Breath Connection	<i>Jason Glass</i> Rotational Speed ACTIVATE!	<i>Martin Rooney</i> How to Coach for Culture	<i>Rachel Cosgrove</i> How To Customize The Session For Each of Your Clients To WOW Them! <i>(Hands-On Only)</i>
9:30 – 10:45	<i>Charlie Weingroff</i> Lateralization's & Regressions: A System of How Trainers, Coaches and Therapists Work Together	<i>Richard Ulm</i> Training Effectively Without Low Back Injury	<i>Sue Falsone</i> Yoga for Athletes – The Mind/Body/Breath Connection	<i>Jason Glass</i> Rotational Speed ACTIVATE!
11:00 – 12:15	<i>Alwyn Cosgrove</i> Training the Beginner	<i>Josh Henkin</i> Why You Aren't Programming Functional Training Correctly	<i>Charlie Weingroff</i> Lateralization's & Regressions: A System of How Trainers, Coaches and Therapists Work Together	<i>Richard Ulm</i> Training Effectively Without Low Back Injury
12:15 – 1:30	<h2 style="margin: 0;">Lunch On Your Own</h2>			
1:30 – 2:45	<i>Martin Rooney</i> How to Coach for Culture	<i>Dan John</i> Bounce: Resilience and the Strength Coach	<i>Todd Durkin</i> Energy Amplified: Turn It Up & Live Your Best Life...Now!	<i>Josh Henkin</i> Why You Aren't Programming Functional Training Correctly
3:00 – 4:15	<i>Todd Wright</i> The Foot 101	<i>Lance Walker</i> Around the World in 75 Minutes: 12 Training Secrets Stolen from International High Performance Coaches	<i>Alwyn Cosgrove</i> Training the Beginner	<i>Dan John</i> Bounce: Resilience and the Strength Coach
4:30 – 5:45	<i>Todd Durkin</i> Energy Amplified: Turn It Up & Live Your Best Life...Now!	<i>Rachel Cosgrove</i> Easy To Implement Strategies To Attract Your Ideal Clients	<i>Todd Wright</i> The Foot 101	<i>Lance Walker</i> Around the World in 75 Minutes: 12 Training Secrets Stolen from International High Performance Coaches

SUNDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:15	<i>Michael Mullin</i> Establishing Baselines While Building Competency	<i>Mike Perry</i> Principles of Program Design	<i>Kerry Taylor</i> Deciphering the Kettlebell Matrix <i>(Hands-On Only - Repeat)</i>	<i>Travis Barnes</i> Magic Moments Create Memorable Sessions <i>(Hands-On Only)</i>
9:30 – 10:45	<i>Kevin Carr</i> A Trainer's Guide To Coaching The Back Pain Client	<i>Ian Manning</i> Strength Training and Performance for the 50+ Population	<i>Michael Mullin</i> Establishing Baselines While Building Competency	<i>Mike Perry</i> Principles of Program Design
11:00 – 12:15	<i>Geralyn Coopersmith</i> Reigniting Your Spark: How to Find Long-Term Career Satisfaction in the Fitness Industry <i>(Lecture Only)</i>	<i>Travis Barnes</i> Level Up Your Leadership <i>(Lecture Only)</i>	<i>Kevin Carr</i> A Trainer's Guide To Coaching The Back Pain Client	<i>Ian Manning</i> Strength Training and Performance for the 50+ Population

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