

Perform Better Functional Training Summit
June 30 – July 2, 2023
Long Beach, CA

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>Alwyn Cosgrove</i> Get More Clients: The Fastest Way to Grow Your Business (<i>Lecture Only</i>)	<i>Duane Carlisle</i> Speed Training for Youth Athletes: A Proven and Effective System Guaranteed to Get Your Athletes Faster	<i>Brandon Marcello</i> Sleep: The True Fix-All of Health & Human Performance	<i>Jason Glass</i> Training Rotational Speed From the Ground Up
10:45 – 12:00	<i>Lee Burton</i> How to Use Movement Screening to Enhance your Outcomes and Business Opportunities	<i>Rachel Cosgrove</i> Coaching Women Over 40 To Age Strong	<i>Greg Rose</i> Training Mobility in Rotary Athletes	<i>Corey Taylor</i> Mindset & Movement: The Two Keys to Unlocking An Athlete's Potential (<i>Hands-On Only</i>)
12:00 – 1:15	Lunch On Your Own			
1:15 – 2:30	<i>Sue Falsone</i> Returning to Athletic Performance: The Road to Recovery	<i>Robert Dos Remedios</i> Effective and Efficient Team/Group Training	<i>Alwyn Cosgrove</i> Training the Beginner Client (<i>Hands-On Only</i>)	<i>Duane Carlisle</i> Speed Training for Youth Athletes: A Proven and Effective System Guaranteed to Get Your Athletes Faster
2:45 – 4:00	<i>Brandon Marcello</i> Sleep: The True Fix-All of Health & Human Performance	<i>Jason Glass</i> Training Rotational Speed From the Ground Up	<i>Lee Burton</i> How to Use Movement Screening to Enhance your Outcomes and Business Opportunities	<i>Rachel Cosgrove</i> Coaching Women Over 40 To Age Strong
4:15 – 5:30	<i>Greg Rose</i> Training Mobility in Rotary Athletes	<i>Mark Fisher</i> Time Management for Fitness Professionals and Gym Owners (<i>Lecture Only</i>)	<i>Sue Falsone</i> Returning to Athletic Performance: The Road to Recovery	<i>Robert Dos Remedios</i> Effective and Efficient Team/Group Training
5:45 – 6:30	Keynote Presentation <i>(In Lecture 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>Josh Henkin</i> Is Power Training Good For Your Clients	<i>Rick Mayo</i> 31 Ways to Ruin Your Fitness Business (<i>Lecture Only</i>)	<i>Richard Ulm</i> Mastering Core Training	<i>Dennis Dunphy</i> Owning Your Mobility (<i>Hands-On Only</i>)
9:30 – 10:45	<i>Charlie Weingroff</i> All That is Breathing	<i>Jennifer Reiner-Marcello</i> Structural Bias and Position: Two Important and Often Overlooked Variables When Trying to Improve Mobility	<i>Josh Henkin</i> Is Power Training Good For Your Clients	<i>Corey Taylor</i> Mindset & Movement: The Two Keys to Unlocking An Athlete’s Potential (<i>Hands-On Only-Repeat</i>)
11:00 – 12:15	<i>Martin Rooney</i> Coaching Magic – 7 Tricks to Bring Out the Best in Others	<i>Peter Twist</i> 10 Mechanical Load Management Strategies Optimizing the 8 Functions of Muscle	<i>Charlie Weingroff</i> All That is Breathing	<i>Brian Nguyen</i> Movement Made Sweeter By Keeping Things Simple, Memorable and Fun (<i>Hands-On Only</i>)
12:15 – 1:30	<h2 style="font-size: 1.5em; margin: 0;">Lunch On Your Own</h2>			
1:30 – 2:45	<i>Todd Wright</i> Vector Based Training to Optimize Fascial Resiliency	<i>Vince Gabriele</i> 5 Ways To Get More Small Group Personal Training Clients in 2023 (<i>Lecture Only</i>)	<i>Todd Durkin</i> Be Legendary – 7 Principles to Create a Legendary Business, Career and Life	<i>Jennifer Reiner-Marcello</i> Structural Bias and Position: Two Important and Often Overlooked Variables When Trying to Improve Mobility
3:00 – 4:15	<i>Richard Ulm</i> Mastering Core Training	<i>Jessica Bento</i> Are Carries Hurting Your Training?	<i>Martin Rooney</i> Coaching Magic – 7 Tricks to Bring Out the Best in Others	<i>Peter Twist</i> 10 Mechanical Load Management Strategies Optimizing the 8 Functions of Muscle
4:30 – 5:45	<i>Todd Durkin</i> Be Legendary – 7 Principles to Create a Legendary Business, Career and Life	<i>Anthony Renna</i> Be Like the Best – 7 Things I Learned From the Best of the Best (<i>Lecture Only</i>)	<i>Todd Wright</i> Vector Based Training to Optimize Fascial Resiliency	<i>Jessica Bento</i> Are Carries Hurting Your Training?

SUNDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:15	<i>Dan Kleckner</i> The 5 Biggest Mistakes You are Making as a Gym Owner (<i>Lecture Only</i>)	<i>Frank Dolan</i> The 5 Most Common Mistakes of Power Development Training	<i>Brian Nguyen</i> Movement Made Sweeter By Keeping Things Simple, Memorable and Fun (<i>Hands-On Only - Repeat</i>)	<i>Jena Gatses</i> A Guide to Creating the Foundation for Enhancing Performance and Overall Health
9:30 – 10:45	<i>Michol Dalcourt</i> How To Develop “Agile” Strength	<i>Rocky Snyder</i> Forget the Muscles...Follow the Bones!	<i>Dan Kleckner</i> What Separates Good Coaches From Great Ones (<i>Hands-On Only</i>)	<i>Frank Dolan</i> The 5 Most Common Mistakes of Power Development Training
11:00 – 12:15	<i>Robert Yang</i> Too Tired to Feel Tired (<i>Lecture Only</i>)	<i>Jena Gatses</i> A Guide to Creating the Foundation for Enhancing Performance and Health	<i>Michol Dalcourt</i> How To Develop “Agile” Strength	<i>Rocky Snyder</i> Forget the Muscles...Follow the Bones!

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