

Perform Better Functional Training Summit
June 2 - 4, 2023
Orlando, FL

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>Josh Henkin</i> Is Power Training Good For Your Clients	<i>Lee Taft</i> Re-Establishing The Agility Ladder Back Into Training	<i>Carlos Santana</i> Secrets of Metabolic Training	<i>Kerry Taylor</i> The Kettlebell Mechanic <i>(Hands-On Only)</i>
10:45 – 12:00	<i>Lee Burton</i> How to Use Movement Screening to Enhance your Outcomes and Business Opportunities	<i>Dana Santas</i> Mind Control: Harnessing Mental Power to Create More Effective Experiences and Outcomes	<i>Don Saladino</i> Supercharging Your Warm-Up <i>(Hands-On Only)</i>	<i>Scott Livingston</i> Exploring Specific Movement Considerations <i>(Hands-On Only)</i>
12:00 – 1:15	Lunch On Your Own			
1:15 – 2:30	<i>Brendon Rearick</i> Coaching Rules: The Presentation I Wish I Had Heard When I Started My Career <i>(Lecture Only)</i>	<i>Robert Yang</i> Too Tired to Feel Tired <i>(Lecture Only)</i>	<i>Lee Burton</i> How to Use Movement Screening to Enhance your Outcomes and Business Opportunities	<i>Lee Taft</i> Re-Establishing The Agility Ladder Back Into Training
2:45 – 4:00	<i>Don Saladino</i> Branded: Creating Products That Sell <i>(Lecture Only)</i>	<i>Scott Livingston</i> Using Video Analysis to Inform Your Programming <i>(Lecture Only)</i>	<i>Josh Henkin</i> Is Power Training Good For Your Clients	<i>Dana Santas</i> Mind Control: Harnessing Mental Power to Create More Effective Experiences and Outcomes
4:15 – 5:30	<i>Carlos Santana</i> Secrets of Metabolic Training	<i>Pat Rigsby</i> The Fitness Business Owner’s Money Map <i>(Lecture Only)</i>	<i>Brendon Rearick</i> Constraints Based Coaching <i>(Hands-On Only)</i>	<i>Kerry Taylor</i> The Kettlebell Mechanic <i>(Hands-On Only-Repeat)</i>
5:45 – 8:00	----SOCIAL----			

SATURDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:15	<i>Emily Splichal</i> Mastering the Big 3 Foot Joints – Ankle, Midfoot and Big Toe	<i>Guy Massi</i> Ground Reaction Force: It's How We Move	<i>Dan John</i> Easy Strength Omnibook	<i>Ingrid Marcum</i> Crawl, Walk, Run, Play: Building a Better Warm-Up (<i>Hands-On Only</i>)
9:30 – 10:45	<i>Nick Winkelman</i> Zen in the Art of Coaching	<i>Kevin Carr</i> Get Moving!- How to Get Clients Started and Make Them Stay	<i>Emily Splichal</i> Mastering the Big 3 Foot Joints – Ankle, Midfoot and Big Toe	<i>Rachel Cosgrove</i> Coaching Women Over 40 To Age Strong
11:00 – 12:15	<i>Charlie Weingroff</i> All That is Breathing	<i>Eric D'Agati</i> The “Five F’s” System for Designing Effective Workouts	<i>Martin Rooney</i> Coaching Magic – 7 Tricks to Bring Out the Best in Others	<i>Guy Massi</i> Ground Reaction Force: It's How We Move
12:15 – 1:30	Lunch On Your Own			
1:30 – 2:45	<i>Dan John</i> Easy Strength Omnibook	<i>Ian Manning</i> Keep Training, Even with an Injury	<i>Alwyn Cosgrove</i> Training The Beginner Client (<i>Hands-On Only</i>)	<i>Eric D'Agati</i> The “Five F’s” System for Designing Effective Workouts
3:00 – 4:15	<i>Martin Rooney</i> Coaching Magic – 7 Tricks to Bring Out the Best in Others	<i>Rachel Cosgrove</i> Coaching Women Over 40 To Age Strong	<i>Charlie Weingroff</i> All That is Breathing	<i>Kevin Carr</i> Get Moving!- How to Get Clients Started and Make Them Stay
4:30 – 5:45	<i>Alwyn Cosgrove</i> Get More Clients: The Fastest Way to Grow Your Business (<i>Lecture Only</i>)	<i>Ingrid Marcum</i> Becoming Unshakeable: Building Mental and Physical Resilience (<i>Lecture Only</i>)	<i>Nick Winkelman</i> Zen in the Art of Coaching	<i>Ian Manning</i> Keep Training, Even with an Injury

SUNDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:15	<i>Jessica Bento</i> Are Carries Hurting Your Training?	<i>Mark Fitzgerald</i> Occlusion Training For Today's Coach & Trainer	<i>Bobby Smith</i> The Components of Training & Developing Great Team Work	<i>Marc Lebert</i> Maximizing Bodyweight (<i>Hands-On Only</i>)
9:30 – 10:45	<i>Brian Nguyen</i> The Honey B's: Movement Made Sweeter By Keeping Things Simple, Memorable and Fun	<i>Pete Dupuis</i> Improving Your Ground Game: Building a Massive Client Roster Without Digital Ad Spend (<i>Lecture Only</i>)	<i>Jessica Bento</i> Are Carries Hurting Your Training?	<i>Mark Fitzgerald</i> Occlusion Training For Today's Coach & Trainer
11:00 – 12:15	<i>Bobby Smith</i> The Components of Training & Developing Great Team Work	<i>Corey Smallwood</i> Discover the Most Under-Serviced Market in Fitness and Transform Your business (<i>Lecture Only</i>)	<i>Brian Nguyen</i> The Honey B's: Movement Made Sweeter By Keeping Things Simple, Memorable and Fun	<i>Marc Lebert</i> Maximizing Bodyweight (<i>Hands-On Only-Repeat</i>)

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