

Perform Better Functional Training Summit
August 25 – 27, 2023
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>Brandon Marcello</i> Sleep: The True Fix-All of Health & Human Performance	<i>Frank Nash</i> 10 Simple Ways to Increase Revenue Starting Tomorrow (<i>Lecture Only</i>)	<i>Greg Rose</i> Training Mobility in Rotary Athletes	<i>Kerry Taylor</i> The Kettlebell Mechanic (<i>Hands-On Only</i>)
10:45 – 12:00	<i>Todd Durkin</i> Be Legendary – 7 Principles to Create a Legendary Business, Career and Life	<i>Nick Winkelman</i> Zen in the Art of Coaching	<i>Brandon Marcello</i> Sleep: The True Fix-All of Health & Human Performance	<i>Frank Nash</i> Fitness Entertainment – The Workout Experience (<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>John Graham</i> Programming For Amazing Outcomes	<i>Michael Boyle</i> Tissue Prep, Mobility and Warm-Up	<i>Nick Winkelman</i> Zen in the Art of Coaching
2:45 – 4:00	<i>Greg Rose</i> Training Mobility in Rotary Athletes	<i>Bill Parisi</i> Fascia Training in Athletic Performance – Principles and Application	<i>Todd Durkin</i> A Legendary Workout Experience	<i>John Graham</i> Programming For Amazing Outcomes
4:15 – 5:30	<i>Michael Boyle</i> Finding, Hiring and Training Trainers-The Never Ending Problem in the Fitness World	<i>Vince Gabriele</i> 5 Ways To Get More Small Group Personal Training Clients in 2023 (<i>Lecture Only</i>)	<i>Sue Falsone</i> Returning to Athletic Performance: The Road to Recovery	<i>Bill Parisi</i> Fascia Training in Athletic Performance – Principles and Application
5:45 – 6:30	Keynote Presentation - Jim Miller <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>Eric Cressey</i> Non-Negotiable High-Performance Principles	<i>Charlie Weingroff</i> All That is Breathing	<i>Kerry Taylor</i> The Kettlebell Mechanic (Hands-On Only - Repeat)
9:30 – 10:45	<i>Gray Cook</i> Stacking Your Vital Information: A Movement Point of View	<i>Ali Gilbert</i> The Men's Health Crisis: Building Resilient Men in a Testosterone Declining Environment	<i>Josh Henkin</i> Is Power Training Good For Your Clients	<i>Don Saladino</i> Supercharging Your Warm-Up (Hands-On Only)
11:00 – 12:15	<i>Charlie Weingroff</i> All That is Breathing	<i>Peter Twist</i> 10 Mechanical Load Management Strategies Optimizing the 8 Functions of Muscle	<i>Martin Rooney</i> Coaching Magic – 7 Tricks to Bring Out the Best in Others	<i>Eric Cressey</i> Non-Negotiable High-Performance Principles
12:15 – 1:30	Lunch On Your Own			
1:30 – 2:45	<i>Rachel Cosgrove</i> Coaching Women Over 40 To Age Strong	<i>Rick Mayo</i> 31 Ways to Ruin Your Fitness Business (Lecture Only)	<i>Alwyn Cosgrove</i> Training The Beginner Client (Hands-On Only)	<i>Ali Gilbert</i> The Men's Health Crisis: Building Resilient Men in a Testosterone Declining Environment
3:00 – 4:15	<i>Martin Rooney</i> Coaching Magic – 7 Tricks to Bring Out the Best in Others	<i>Boo Schexnayder</i> The Importance of Speed Training for Non-Speed People	<i>Gray Cook</i> Stacking Your Vital Information: A Movement Point of View	<i>Peter Twist</i> 10 Mechanical Load Management Strategies Optimizing the 8 Functions of Muscle
4:30 – 5:45	<i>Alwyn Cosgrove</i> Get More Clients: The Fastest Way to Grow Your Business (Lecture Only)	<i>Don Saladino</i> Branded: Creating Products That Sell (Lecture Only)	<i>Rachel Cosgrove</i> Coaching Women Over 40 To Age Strong	<i>Boo Schexnayder</i> The Importance of Speed Training for Non-Speed People

SUNDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:15	<i>Ian Jeffreys</i> Decoding What Makes The Real Difference-Thinking Differently About How to be Our Best	<i>Patricia Van Galen</i> The Aging Accelerants: Counter to Buffer (At 35, not 45)	<i>Mary Kate Feit</i> Progressions, Regressions, and Manipulations: How to Maximize Your Client's Ability to Perform Exercises with Proper Technique	<i>Molly Galbraith</i> How To Coach Women Better
9:30 – 10:45	<i>Adam Feit</i> Think, Feel, Do: Unlocking Client and Coach Success with Sport and Exercise Psychology	<i>Frank Velasquez</i> Strength Training For Knee Integrity: Reducing the Risk of ligament and Tendon Related Knee Injuries in Sports	<i>Ian Jeffreys</i> Decoding What Makes The Real Difference-Thinking Differently About How to be Our Best	<i>Patricia Van Galen</i> The Aging Accelerants: Counter to Buffer (At 35, not 45)
11:00 – 12:15	<i>Mary Kate Feit</i> Progressions, Regressions, and Manipulations: How to Maximize Your Client's Ability to Perform Exercises with Proper Technique	<i>Molly Galbraith</i> How To Coach Women Better	<i>Adam Feit</i> Think, Feel, Do: Unlocking Client and Coach Success with Sport and Exercise Psychology	<i>Frank Velasquez</i> Strength Training For Knee Integrity: Reducing the Risk of ligament and Tendon Related Knee Injuries in Sports

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