

**2024 Fascia Training Summit**  
**March 29<sup>th</sup> – 30<sup>th</sup>, 2024**

**Friday, March 29<sup>th</sup>:**

8:00 – 8:45	Registration
8:45 - 9:00	Opening Remarks
9:00 - 10:45	<b>Bill Parisi:</b> “Fascia Training in Application”
10:45 – 11:00	Break
11:00 – 12:45	<b>Bobby Stroupe:</b> “Netflix Vs. Reality”
12:45 – 1:45	Lunch
1:45 - 3:30	<b>Michol Dalcourt:</b> “Submaximal Omnidirectional Loading - Building the Chassis”
3:30 - 3:45	Break
3:45 - 5:30	<b>Eric Owens:</b> “Simplifying the Science of Three dimensional SMR”
5:30 - 6:30	Social

**Saturday, March 30<sup>th</sup>:**

8:30 - 10:15	<b>Seth Forman:</b> “Multi-Vector Resistance Training for Increased Stability and Coordination”
10:15 - 11:00	Break
11:00 - 12:45	<b>Chris &amp; Ann Frederick:</b> “Fascianetics – Comprehensive Flexibility Training for Athletes”
12:45 - 1:00	Closing Remarks

*(105 minute sessions including Hands-On Demonstration and Q & A after each presentation)*