

Perform Better Functional Training Summit
June 27 – 29, 2024
Chicago, IL

THURSDAY SCHEDULE

---REGISTRATION---

Kick-Off Session – *Gray Cook & Lee Burton*
 Managing Pain Through Better Exercise and Movement Decisions

FRIDAY SCHEDULE

TIME	LECTURE ROOM 1	LECTURE ROOM 2	HANDS-ON ROOM 1	HANDS-ON ROOM 2	Q & A ROOM
1:00 – 5:30	---REGISTRATION---				
3:00 – 5:30	Kick-Off Session – <i>Gray Cook & Lee Burton</i> Managing Pain Through Better Exercise and Movement Decisions				
7:15 – 4:00	---REGISTRATION---				
8:15 – 9:30	<i>Josh Henkin</i> The New Science of Low Back Pain	<i>Michol Dalcourt</i> Training & Injury Proofing: The Foot and Ankle	<i>Martin Rooney</i> Learn to Rock a High-Energy Training Experience (<i>Hands-On Only</i>)	<i>Corey Taylor</i> How to Make Speed Training Part of Everything You Do (<i>Hands-On Only</i>)	<i>Gray Cook</i> <i>Lee Burton</i>
9:45 – 11:00	<i>Greg Rose</i> Training Power from the Ground Up	<i>Jena Gatses</i> Advanced Recovery Strategies to Improve Mobility & Enhance Performance	<i>Josh Henkin</i> The New Science of Low Back Pain	<i>Frank Nash</i> Training for Member Results and Revenue (<i>Hands-On Only</i>)	<i>Michol Dalcourt</i> <i>Corey Taylor</i>
11:15- 12:30	<i>Nick Winkelman</i> “Pump-Up” Your Coaching: An Exploration of Cueing for Building Muscle	<i>Amber Kivett</i> Unlocking the Body’s Magik: The “FASCIA-nating” Hidden Science of Pain-Free Performance	<i>Don Saladino</i> Superhero Training (<i>Hands-On Only</i>)	<i>Corey Smallwood</i> Unlock How AI Will Transform Your Group Training Programs (<i>Hands-On Only</i>)	<i>Jena Gatses</i> <i>Greg Rose</i> <i>Josh Henkin</i>
12:30 – 1:45	Lunch On Your Own				
1:45 – 3:00	<i>Alwyn Cosgrove</i> Unlocking Fat Loss: Training Strategies for the Body Composition Client	<i>Frank Nash</i> Dream Teams: Onboarding Excellence and Retention Mastery (<i>Lecture Only</i>)	<i>Greg Rose</i> Training Power from the Ground Up	<i>Michol Dalcourt</i> Training & Injury Proofing: The Foot and Ankle	<i>Nick Winkelman</i> <i>Corey Smallwood</i> <i>Amber Kivett</i>
3:15 – 4:30	<i>Martin Rooney</i> The 5 Costliest Mistakes Coaching People Over 40 (<i>Lecture Only</i>)	<i>Vincent Gabriele</i> How To Make More Money Without Training Another Session (<i>Lecture Only</i>)	<i>Nick Winkelman</i> “Pump-Up” Your Coaching: An Exploration of Cueing for Building Muscle	<i>Jena Gatses</i> Advanced Recovery Strategies to Improve Mobility & Enhance Performance	<i>Alwyn Cosgrove</i> <i>Don Saladino</i> <i>Frank Nash</i>
4:45 – 6:00	<i>Don Saladino</i> The Entrepreneur Hustle – Your Next 4 Moves (<i>Lecture Only</i>)	<i>Corey Smallwood</i> AI: Your Competitive Edge in Fitness – Adapt or Fall Behind (<i>Lecture Only</i>)	<i>Alwyn Cosgrove</i> Unlocking Fat Loss: Training Strategies for the Body Composition Client	<i>Amber Kivett</i> Unlocking the Body’s Magik: The “FASCIA-nating” Hidden Science of Pain-Free Performance	<i>Vincent Gabriele</i> <i>Martin Rooney</i>
6:00 – 8:00	----SOCIAL----				

SATURDAY SCHEDULE

TIME	LECTURE ROOM 1	LECTURE ROOM 2	HANDS-ON ROOM 1	HANDS-ON ROOM 2	Q & A ROOM
8:00 – 9:15	<i>Ian Jeffreys</i> Rethinking Our Path to Success – Why We Need a New Perspective on How We Get Better (<i>Lecture Only</i>)	<i>Chris Braden</i> Service & Hospitality- Rediscovering & Recommitting to Your Business’s Success (<i>Lecture Only</i>)	<i>Corey Taylor</i> How to Make Speed Training Part of Everything You Do (<i>Hands-On Only</i>) - REPEAT	<i>Kerry Taylor</i> Kettlebell Evolution (<i>Hands-On Only</i>)	X
9:30 – 10:45	<i>John Graham</i> Individual & Group Exercise Programming	<i>Brett Jones</i> Iron Cardio - 22 Years with a Kettlebell	<i>Marc Lebert</i> Boxing Bootcamp (<i>Hands-On Only</i>)	<i>Adam Feit</i> Sprains, Strains and Automatic Adjustments: Working with Injured Clients (<i>Hands-On Only</i>)	<i>Ian Jeffreys</i> <i>Chris Braden</i> <i>Kerry Taylor</i>
11:00 -12:15	<i>Todd Wright</i> The Vertical Core Revisited	<i>Adam Feit</i> Behavioral Alchemy: The Art and Science of Behavior Change (<i>Lecture Only</i>)	<i>Ian Jeffreys</i> Building Tomorrows Athletes - Real World Application of Long Term Athletic Development (<i>Hands-On Only</i>)	<i>Brian Nguyen</i> Adding Your Secret Sauce to Client Workouts (<i>Hands-On Only</i>)	<i>Brett Jones</i> <i>Marc Lebert</i>
12:15 – 1:30	<h2 style="margin: 0;">Lunch On Your Own</h2>				
1:30 – 2:45	<i>Ann & Chris Frederick</i> Fascianetics - Comprehensive Flexibility Training for Athletes	<i>Pete Dupuis</i> Every Fitness Professionals Need a Niche – Here’s How to Establish Yours (<i>Lecture Only</i>)	<i>Todd Wright</i> The Vertical Core Revisited	<i>Mary Kate Feit</i> Critically Assessing Coaching Techniques and Tendencies (<i>Hands-On Only</i>)	<i>Robert Yang</i> <i>John Graham</i> <i>Adam Feit</i>
3:00 – 4:15	<i>Mark Fisher</i> How to Get Your Next 5 Clients Without Paid Ads Even if You Hate Marketing (<i>Lecture Only</i>)	<i>Brian Nguyen</i> 5 Essential Components to Client Retention (<i>Lecture Only</i>)	<i>Ann & Chris Frederick</i> Fascianetics - Comprehensive Flexibility Training for Athletes	<i>Brett Jones</i> Iron Cardio - 22 Years with a Kettlebell	<i>Mark Kate Feit</i> <i>Todd Wright</i> <i>Pete Dupuis</i>
4:30 – 5:45	<i>Robert Yang</i> Eating Yourself Into Pain (<i>Lecture Only</i>)	<i>Mary Kate Feit</i> Growing Your Staff: How to Educate, Evaluate, and Develop Your New Coaches (<i>Lecture Only</i>)	<i>John Graham</i> Individual & Group Exercise Programming	<i>Kerry Taylor</i> Kettlebell Evolution (<i>Hands-On Only</i>) - REPEAT	<i>Ann & Chris Frederick</i> <i>Mark Fisher</i> <i>Brian Nguyen</i>

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