

Perform Better Functional Training Summit
August 1 – 3, 2024
Los Angeles, CA

THURSDAY SCHEDULE

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

FRIDAY SCHEDULE

TIME	LECTURE ROOM 1	LECTURE ROOM 2	HANDS-ON ROOM 1	HANDS-ON ROOM 2	Q & A ROOM
7:15 – 4:00	---REGISTRATION---				
8:15 – 9:30	<i>Charlie Weingroff</i> The 3 Secret Factors to Strong & Resilient Training & Rehab	<i>Molly Galbraith</i> How to Become the Go-To Coach for Women	<i>Martin Rooney</i> Learn to Rock a High-Energy Training Experience (<i>Hands-On Only</i>)	<i>Rocky Snyder</i> Accessing Big Bucket Mobility with Wedges (<i>Hands-On Only</i>)	<i>Gray Cook</i> <i>Lee Burton</i>
9:45 – 11:00	<i>Josh Henkin</i> The New Science of Low Back Pain	<i>Michael Mullin</i> The Power of Constraints in Rehab & Training	<i>Nick Winkelman</i> “Pump-Up” Your Coaching: An Exploration of Cueing for Building Muscle	<i>Brendon Rearick</i> Constraints Based Coaching (<i>Hands-On Only</i>)	<i>Molly Galbraith</i> <i>Charlie Weingroff</i>
11:15- 12:30	<i>Greg Rose</i> Training Power from the Ground Up	<i>Ali Gilbert</i> GPP for TRT: The Silverback Approach to Getting Men Jacked & Lean	<i>Charlie Weingroff</i> The 3 Secret Factors to Strong & Resilient Training & Rehab	<i>Michael Mullin</i> The Power of Constraints in Rehab & Training	<i>Josh Henkin</i> <i>Brendon Rearick</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>Jennifer Reiner-Marcello</i> Connecting Assessment & Training with Skill	<i>Josh Henkin</i> The New Science of Low Back Pain	<i>Molly Galbraith</i> How to Become the Go-To Coach for Women	<i>Michael Mullin</i> <i>Greg Rose</i>
3:15 – 4:30	<i>Nick Winkelman</i> “Pump-Up” Your Coaching: An Exploration of Cueing for Building Muscle	<i>Rocky Snyder</i> The X Factor in Creating Change (<i>Lecture Only</i>)	<i>Greg Rose</i> Training Power from the Ground Up	<i>Jennifer Reiner-Marcello</i> Connecting Assessment & Training with Skill	<i>Alwyn Cosgrove</i> <i>Ali Gilbert</i> <i>Martin Rooney</i>
4:45 – 6:00	<i>Martin Rooney</i> The 5 Costliest Mistakes Coaching People Over 40 (<i>Lecture Only</i>)	<i>Brendon Rearick</i> How to Create a Gym Culture (on Purpose) (<i>Lecture Only</i>)	<i>Alwyn Cosgrove</i> Unlocking Fat Loss: Training Strategies for the Body Composition Client	<i>Ali Gilbert</i> GPP for TRT: The Silverback Approach to Getting Men Jacked & Lean	<i>Jennifer Reiner-Marcello</i> <i>Nick Winkelman</i> <i>Rocky Snyder</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>Brandon Marcello</i> Recovery & Regeneration: Promoting & Programming Recovery for Performance	<i>Jessica Bento</i> Beyond the Rotator Cuff: New Methods of Shoulder Health & Performance	<i>Todd Durkin</i> True Strength	<i>Jess Racz</i> Stability is Movement Ability: The Qualities Your Athletes Are Missing to Become an Elite Mover	X
9:30 – 10:45	<i>Rachel Cosgrove</i> Coaching Women in Their 40's and Beyond to Age Strong	<i>Frank Velasquez</i> Strength Training & Comprehensive Shoulder Care for the Overhead Athlete	<i>Brandon Marcello</i> Recovery & Regeneration: Promoting & Programming Recovery for Performance	<i>Chris Frankel</i> Identifying Your Truths & Cultivating First Principle Thinking in Programming & Coaching	<i>Todd Durkin</i> <i>Jessica Bento</i> <i>Jess Racz</i>
11:00 -12:15	<i>Richard Ulm</i> Is the Squat Overrated?	<i>Robert Dos Remedios</i> Protocols to Add Progressive Intensity in Programs for All Populations	<i>Brian Nguyen</i> Adding Your Secret Sauce to Client Workouts (<i>Hands-On Only</i>)	<i>Jessica Bento</i> Beyond the Rotator Cuff: New Methods of Shoulder Health & Performance	<i>Rachel Cosgrove</i> <i>Brandon Marcello</i>
12:15 – 1:30	<h2 style="margin: 0;">Lunch On Your Own</h2>				
1:30 – 2:45	<i>Todd Wright</i> The Vertical Core Revisited	<i>Carlos Santana</i> The Secrets of Metabolic Training	<i>Rachel Cosgrove</i> Coaching Women in Their 40's and Beyond to Age Strong	<i>Robert Dos Remedios</i> Protocols to Add Progressive Intensity in Programs for All Populations	<i>Richard Ulm</i> <i>Frank Velasquez</i> <i>Brian Nguyen</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>Chris Frankel</i> Identifying Your Truths & Cultivating First Principle Thinking in Programming & Coaching	<i>Todd Wright</i> The Vertical Core Revisited	<i>Frank Velasquez</i> Strength Training & Comprehensive Shoulder Care for the Overhead Athlete	<i>Carlos Santana</i> <i>Robert Dos Remedios</i>
4:30 – 5:45	<i>Todd Durkin</i> True Strength: 5 Principles to Grow Your Brand & Business to Create More Impact	<i>Jess Racz</i> Stability is Movement Ability: The Qualities Your Athletes Are Missing to Become an Elite Mover	<i>Richard Ulm</i> Is the Squat Overrated?	<i>Carlos Santana</i> The Secrets of Metabolic Training	<i>Mark Fisher</i> <i>Todd Wright</i> <i>Chris Frankel</i>

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