

Perform Better Functional Training Summit
May 30 – June 1, 2024
Orlando, FL

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>Michael Boyle</i> Great Training Starts with Why	<i>Billy Hofacker</i> Eliminate Money Stress with the 3M System (Lecture Only)	<i>Eric Cressey</i> Non-Negotiable High Performance Principles	<i>Corey Taylor</i> How to Make Speed Training Part of Everything You Do (Hands-On Only)	<i>Gray Cook</i> <i>Lee Burton</i>
9:45 – 11:00	<i>Eric Cressey</i> Non-Negotiable High Performance Principles	<i>Travis Barnes</i> The Future of Fitness (Lecture Only)	<i>Martin Rooney</i> Learn to Rock a High-Energy Training Experience (Hands-On Only)	<i>Ali Gilbert</i> GPP for TRT: The Silverback Approach to Getting Men Jacked & Lean	<i>Michael Boyle</i> <i>Billy Hofacker</i>
11:15- 12:30	<i>Bill Parisi</i> Fascia: Understanding Its Critical Role in Fitness & Performance	<i>Michelle Boland</i> How To Train Your Gen Pop Clients Like Athletes	<i>Michael Boyle</i> Great Training Starts with Why	<i>Dan Kleckner</i> Exploring the Secrets of Great Coaching & Semi-Private Training Innovations (Hands-On Only)	<i>Eric Cressey</i> <i>Travis Barnes</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>Justin Kegley</i> Preparing the Complete Female Athlete	<i>Don Saladino</i> Superhero Training (Hands-On Only)	<i>Michelle Boland</i> How To Train Your Gen Pop Clients Like Athletes	<i>Corey Taylor</i> <i>Ali Gilbert</i> <i>Dan Kleckner</i>
3:15 – 4:30	<i>Martin Rooney</i> The 5 Costliest Mistakes Coaching People Over 40 (Lecture Only)	<i>Ali Gilbert</i> GPP for TRT: The Silverback Approach to Getting Men Jacked & Lean	<i>Bill Parisi</i> Fascia: Understanding Its Critical Role in Fitness & Performance	<i>Justin Kegley</i> Preparing the Complete Female Athlete	<i>Alwyn Cosgrove</i> <i>Don Saladino</i> <i>Michelle Boland</i>
4:45 – 6:00	<i>Don Saladino</i> The Entrepreneur Hustle – Your Next 4 Moves (Lecture Only)	<i>Dan Kleckner</i> 5 Steps to Master the Art of Building a Highly Lucrative Gym (Lecture Only)	<i>Alwyn Cosgrove</i> Unlocking Fat Loss: Training Strategies for the Body Composition Client	<i>Travis Barnes</i> The Art of Human Connection (Hands-On Only)	<i>Martin Rooney</i> <i>Bill Parisi</i> <i>Justin Kegley</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>Charlie Weingroff</i> The 3 Secret Factors to Strong & Resilient Training & Rehab	<i>Kevin Carr</i> 5 Fitness Facts That Could Save Your Life	<i>Todd Durkin</i> True Strength	<i>Brian Nguyen</i> Adding Your Secret Sauce to Client Workouts (Hands-On Only)	X
9:30 – 10:45	<i>Rachel Cosgrove</i> Coaching Women in Their 40's and Beyond to Age Strong	<i>Rocky Snyder</i> The X Factor in Creating Change (Lecture Only)	<i>Lance Walker</i> Kids Shouldn't "Lift Weights": Age-Specific Strength Training for Ages 6-16	<i>Kevin Carr</i> 5 Fitness Facts That Could Save Your Life	<i>Todd Durkin</i> <i>Brian Nguyen</i>
11:00 -12:15	<i>Richard Ulm</i> Is the Squat Overrated?	<i>Wil Fleming</i> Speed, Power, Strength- What Works and What Doesn't Work for the Big 3 of Performance	<i>Charlie Weingroff</i> The 3 Secret Factors to Strong & Resilient Training & Rehab	<i>Frank Dolan</i> The 5 Most Common Mistakes of Power Development Training	<i>Kevin Carr</i> <i>Rachel Cosgrove</i> <i>Rocky Snyder</i>
12:15 – 1:30	<h2 style="margin: 0;">Lunch On Your Own</h2>				
1:30 – 2:45	<i>Sue Falsone</i> From Strain to Strength: Empowering Your Client with Low Back Pain	<i>Frank Dolan</i> The 5 Most Common Mistakes of Power Development Training	<i>Rachel Cosgrove</i> Coaching Women in Their 40's and Beyond to Age Strong	<i>Rocky Snyder</i> Accessing Big Bucket Mobility with Wedges (Hands-On Only)	<i>Charlie Weingroff</i> <i>Richard Ulm</i> <i>Wil Fleming</i>
3:00 – 4:15	<i>Lance Walker</i> Kids Shouldn't "Lift Weights": Age-Specific Strength Training for Ages 6-16	<i>Jose Antonio</i> Lies, Fries, and Chicken Thighs (Lecture Only)	<i>Sue Falsone</i> From Strain to Strength: Empowering Your Client with Low Back Pain	<i>Wil Fleming</i> Speed, Power, Strength- What Works and What Doesn't Work for the Big 3 of Performance	<i>Gerayln Coopersmith</i> <i>Marc Lebert</i> <i>Frank Dolan</i>
4:30 – 5:45	<i>Todd Durkin</i> True Strength: 5 Principles to Grow Your Brand & Business to Create More Impact	<i>Gerayln Coopersmith</i> Supercharge Your Fitness Career (Lecture Only)	<i>Richard Ulm</i> Is the Squat Overrated?	<i>Marc Lebert</i> Boxing Bootcamp (Hands-On Only)	<i>Sue Falsone</i> <i>Jose Antonio</i> <i>Lance Walker</i>

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