THE CONCEPT
Perform Better’s Functional Training Summit is designed to provide trainers, coaches and therapists with a combination of lectures and hands-on learning experiences with many of the top professionals in the industry.

THE FORMAT
Attendees will have a choice of two lectures and two hands-on sessions every 90 minutes. Sign-up for each presentation is not required; however, space may be limited for selected hands-on sessions.

THE STAFF
The presenters will include many of the most respected names in training, conditioning and rehabilitation.

PLUS
- Friday night complimentary social
- Keynote presentation: The “Not-So” Secrets to Success

THE ACCOMMODATIONS & THE CITY OF PROVIDENCE
Rhode Island has something for everyone. From Newport mansions to the dynamic capital of Providence, there is plenty to see and do in the Ocean State. It’s home to beautiful beaches, historic places, great shopping and fine dining, all within a few minutes of your hotel.

HOTEL RESERVATIONS
Omni Hotel
1 West Exchange Street
Providence, RI 02903
401-598-8000

Reserve by May 31, 2018 and receive the special rate of $189 per night when you mention the Perform Better Pre-Con.

6 W eeks Prior to Summit
$289

FREE Bonus Pre-Con

Eric Cressey
How Posture Impacts Pain and Performance

 Brandon Marcello
Sleep: The Only True “Fix All” of Health & Performance

Dana Santas
Why Breathing Biomechanics Are a Game Changer

Lee Burton
Screening, Testing & Assessing What Really Matters

Thomas Plummer
Overcoming Under-Earning — Making The Most You Can From What You Have (Lecture Only)

Gray Cook
My Body, My Problem

Lance Walker
Age-Specific Strength Training

Alwyn Cosgrove
What High Performing Gyms Have in Common

Arielle Golon
Unlocking Mobility: How to Create Flexibility That Lasts

John Graham
Astonishing Clients with Fitness Plans That Provide Staggering Outcomes

Martin Rooney
10 Ways to Insure Your Clients (and Yourself) for Amazing Results

Lance Walker
Age-Specific Strength Training

Alwyn Cosgrove
The High-Performance Workout for Your Training Repertoire

Marc Labert
Renewing Your Bootcamp (Hands-On Only)