

Perform Better Functional Training Summit
Rhode Island Convention Center
July 21 - 23 , 2006
Providence, RI

FRIDAY SCHEDULE

8:00 – 5:00	-----REGISTRATION-----			
9:30 – 11:45	Feature Presentation I – Mike Boyle <i>Designing Personal Training Programs</i>		Feature Presentation II – Gary Gray <i>The Matrix System... Tweaking our Tools to Create the Environment to Enhance the Lives of our Clients</i>	
11:45 - 1:00	Lunch (on your own)			
TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
1:00 – 2:00	Stuart McGill <i>Designing Exercise For the Painful Low Back</i>	Pete Friesen <i>Road Warrior Work-Out</i>	Gary Gray <i>3D Core Conversion Matrix</i>	Paul Robbins <i>Cardio Programming</i>
2: 15 – 3:15	Gary Gray <i>3D Core Conversion Matrix</i>	Robb Rogers <i>Neuromuscular Activation Exercises – Turning your Muscles on for Better Performance</i>	Mike Boyle <i>Functional Strength</i>	Pete Friesen <i>Road Warrior Work-Out</i>
3:30 – 4:30	Mike Boyle <i>Functional Strength</i>	Paul Robbins <i>Cardio Programming</i>	Stuart McGill <i>Designing Exercise For the Painful Low Back</i>	Robb Rogers <i>Neuromuscular Activation Exercises – Turning your Muscles on for Better Performance</i>
7:00 – 9:00	Social			

SATURDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:00	Gray Cook <i>Five Most Common Mistakes in Core Training</i>	Pat Mediate <i>Resistance Training for Youth: Medicine Balls and Barbells</i>	Carlos Santana <i>Fitmoves for Sports</i>	Bill Parisi <i>How To Start Your Own Sports Performance Training Business</i>
9:15 – 10:15	Stuart McGill <i>Superstiffness: Transitional Exercise for Ultimate Performance</i>	Ryan Lee <i>How to Get More Clients with "Velvet Rope" Marketing</i>	Gray Cook <i>Five Most Common Mistakes in Core Training</i>	Avery Faigenbaum <i>Building Healthy Young Athletes</i>
10:30 – 11:30	Carlos Santana <i>Fitmoves for Sports</i>	Al Vermeil <i>Lower Body Plyometrics: Evaluation, Preparation and Integration</i>	Gray Cook <i>Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep</i>	Annette Lang <i>It's All Relative: Core and ...?</i>

11:30 – 12:45	Lunch On Your Own			
12:45 – 1:45	Carlos Santana <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	Annette Lang <i>It's All Relative: Core and ...?</i>	Stuart McGill <i>Superstiffness: Transitional Exercise for Ultimate Performance</i>	Pat Mediate <i>Resistance Training for Youth: Medicine Balls and Barbells</i>
2:00 – 3:00	Gray Cook <i>Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep</i>	Bill Parisi <i>How To Start Your Own Sports Performance Training Business</i>	Mike Boyle <i>Fat Loss Secrets</i>	Ryan Lee <i>How to Get More Clients with "Velvet Rope" Marketing</i>
3:15 – 4:15	Mike Boyle <i>Fat Loss Secrets</i>	Avery Faigenbaum <i>Building Healthy Young Athletes</i>	Carlos Santana <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	Al Vermeil <i>Lower Body Plyometrics: Evaluation, Preparation and Integration</i>

SUNDAY SCHEDULE

TIME	LECTURE 1	LECTURE 2	HANDS-ON 1	HANDS-ON 2
8:00 – 9:00	Todd Wright <i>The Essence of Training The Core</i>	Shawn Windle <i>Designing An In-Season Training Program</i>	Gray Cook (repeat) <i>Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep</i>	Walter Norton, Jr. <i>Testing For What is Important</i>
9:15 – 10:15	Carlos Santana (repeat) <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	Chuck Wolf <i>Anatomy of a Lunge</i>	Alwyn Cosgrove <i>A Unified Theory of Program Design</i>	Don Chu <i>Plyometric Training for the Upper Extremities</i>
10:30 – 11:30	Gray Cook (repeat) <i>Advances With Cable Bars and Bands – Corrective Exercise and Movement Prep</i>	Don Chu <i>Plyometric Training for the Upper Extremities</i>	Todd Wright <i>The Essence of Training The Core</i>	Chuck Wolf <i>Anatomy of a Lunge</i>
11:45 – 12:45	Alwyn Cosgrove <i>A Unified Theory of Program Design</i>	Walter Norton, Jr. <i>Testing For What is Important</i>	Carlos Santana (repeat) <i>Metabolic Toolbox: 5 Minute Protocols for a Lifetime of Fitness</i>	Shawn Windle <i>Designing An In-Season Training Program</i>

SPEAKERS ARE SUBJECT TO CHANGE