

# Convention

FRIDAY

Registration from 07:00am																	
08:50 - 09:35 Opening address with Pete Cohen																	
09:35 - 10:00 Break with show demonstrations																	
10:00 - 11:00	Peter Twist Advanced small group training techniques WS 101	Paul Taylor The pleasure principle L 102	John Hardy Golf performance training L 103	Lesley Aitken Advanced sales strategies for personal trainers L 104	Steve Jack Understanding the business of group PT WS 105	Rob Glick HI/LO Fusion 2010 MC 106	Geoff Bagshaw Kick-butt conditioning MC 107	Greg Sellar GRAVITYGroup: amplified resistance MC 108	Paco Gonzalez Keiser M5: elliptical experience MC 109	Helen Carpenter-waters Mamma mia MC 110	Charles Poliquin Pari-workout nutrition leading to accelerated progress L 111	Ann-see Yeoh Mind-body vs body-mind MC 112	Stott Pilates training team STOTT PILATES: essential reformer MC 113	LMI trainer team RPM™ MC 114	Rebecca Mornington YMCATri: Girilicious MC 115		
11:00 - 11:30 Break with show demonstrations																	
11:30 - 13:00	Annette Lang Increase your sales skills with the four-sentence challenge L 116	VIPR Sport Strength VIPR training team WS 117	Donna Hutchinson BOSU™ and SMART Toner™ skills and drills WS 118	William Sukala Diabetes dilemma: exploring the diabetes/obesity link L 119	Scott Krywulycz Tapping into the lucrative corporate market L 120	Alex McMillan Practical ways to train multiple clients L 121	Nic Jarvis Inspirational leadership to create a retention-based culture L 122	Dubravko Ratkajec Aerobic - simple version WS 123	Fraser Quelch TRX® circuits for metabolic training WS 124	Michael Steel GRAVITYGroup: functional fun WS 125	Paco Gonzalez Keiser: crossing the zones WS 126	Vanessa Vassallo Nuevo Latino WS 127	Beko Kaygee Blade - the workout WS 128	Ben Pratt Premier: do you really know what causes weight gain? WS 129	Caroline Murray STOTT PILATES: Pilates with props, level 1 WS 130	LMI trainer team BODYVIVE™ WS 131	Katie Bulmer STOTT PILATES: straight-forward step WS 132
13:00 - 14:00 Lunch with show demonstrations																	
14:00 - 15:00	Nic Jarvis 3 Ways to grow your business L 133	Margot Wells Producing your best performance when it counts WS 134	Jean Sadouni 3D fitness holistic approach L 135	Judy Diflore Pushy mothers on the run L 136	Mo Hagan Network your fitness business L 137	Anthony Carey Progress to progress for functional success L 138	Outbox trainer team Outbox WS 139	John Shehan One step beyond 2010 MC 140	Julie Burfoot GRAVITYGroup: core dynamics MC 141	Helen Holmes and Vicki Galvin Keiser: ultimate cardio workout MC 142	Rachel Holmes Choreography2go MC 143	Fraser Quelch TRX® suspension training MC 144	Matt O'Neill Hunger hormones re-wired L 145	Cherry Baker Pregnancy Pilates and the stability ball MC 146	Stott Pilates training team STOTT PILATES: reformer for the older adult MC 147	LMI trainer team RPM™ MC 148	Sonia Molloy YMCATri: tri and tri again! MC 149
15:00 - 15:30 Break with show demonstrations																	
15:30 - 17:00	Michael Steel GRAVITYPersonal Training: strength series WS 150	Jenny Joliffe Advanced heart rate training for cycle programmes WS 151	Steve Jack The art of facilitation: creating great fitness workshops L 152	Robert Cappuccio The neuro science of beliefs L 153	Greg Roskopf Unique look at spinal instability L 154	Bob Esquerre Get it right: business solutions for fitness professionals L 155	Paul Chek "Big bang" exercises WS 156	Fraser Quelch Suspension training circuit training MC 157	Paco Gonzalez Keiser: interval blast WS 158	Denise Page Cardio wow! WS 159	VIPR training team VIPR Athletic WS 160	Caroline Murray STOTT PILATES: the secret of toned arms, buns and thighs WS 161	Jayne Nicholls Freestyle fitness yoga - advanced yoga practice WS 162	Stott Pilates training team STOTT PILATES: power-paced fitness circle WS 163	LMI trainer team BODYPUMP™ WS 164	Nic Morgan Under the skin of Les Mills classes L 165	Katie Bulmer YMCATri: approaches to body conditioning - boot-camp bulmer style WS 166
17:00 - 17:30 Break with show demonstrations																	
17:30 - 18:30	Donna Hutchinson Building the fitness professional's toy box WS 167	Tommy Matthews Extreme Kettlebell training MC 168	Pete Cohen Using your brain for a change: the secrets to weight loss L 169	Douglas Heel Mind and body connection in training L 170	John Hardy Functional dumbbell training WS 171	Greg Sellar 20/20/20 MC 172	Helen Holmes Keiser: hiking through the zones MC 173	Paco Gonzalez Keiser: speed intervals MC 174	Jo Parry Urban funk - street trax MC 175	Gill Cummings Bell Is it a carb? Is it a fat? Is it a protein? No, it's a superfood! L 176	Magnus Ringberg Align the core MC 177	Caroline Murray STOTT PILATES: reformer jumpboard interval training MC 178	Julie Burfoot GRAVITYPilates reformat corework MC 179	Helen Vanderburg Fusion core ball training MC 180	Adrian Walters YMCATri: living on video MC 181		

SATURDAY

Registration from 07:00am																		
08:00 - 09:00 Steve Jack Understanding the business of group PT WS 201																		
09:00 - 09:30 Break with show demonstrations																		
09:30 - 11:00	Michael Steel GRAVITYPersonal Training: PT profit WS 216	Charles Poliquin Modified strongman training for athletic development or body composition changes L 217	Alex McMillan Leadership skills for PTs and programme directors L 218	Jean Sadouni The role of ethics in PT L 219	Douglas Heel Sequencing 1, 2, 3 - how the firing patterns influence client performance L 220	Mo Hagan Aqua therapy and the healing power of exercise L 221	Chuck Wolf Flexibility highways in motion L 222	Margot Wells Learn how to run faster in 5 minutes WS 223	VIPR Vitality Training VIPR training team WS 224	Fraser Quelch TRX® sports performance WS 225	Delvin Clarke Vibe cycle - feel the vibe WS 226	Magnus Ringberg Vibrations WS 227	Paco Gonzalez Keiser: hiking through the zones WS 228	Cherry Baker Spinal mobility and segmental control WS 229	Caroline Murray STOTT PILATES with props, level 2 WS 230	LMI trainer team BODYCOMBAT™ WS 231	Fitclub teamjam WS 232	Craig Stuart Aqua ease WS 233
11:00 - 11:30 Break with show demonstrations																		
11:30 - 12:30 Dave Alred keynote - No Limits																		
12:30 - 13:30 Lunch with show demonstrations																		
13:30 - 15:00	Annette Lang Sales: the 4 letter word that isn't! L 234	Robert Cappuccio and Rob Lander Genius training strategy L 235	Chuck Wolf Regression/progression: considerations for successful programme design L 236	Jenny Burrell Regaining your fitness after pregnancy L 237	Paul Chek Better butt, better back L 238	VIPR training team Live life in 3V: VIPR group training WS 239	Rob Glick All-star step WS 240	TRX® corrective exercise Fraser Quelch WS 241	Helen Holmes and Vicki Galvin Keiser: ultimate cardio workout WS 242	Dubravko Ratkajec Aero time - its time to dance WS 243	Keli Roberts Outdoor boot camp WS 244	William Sukala Six pack vs keg: the skinny on belly fat L 245	Simone Hodgkinson Releasing the hips and hamstrings WS 246	Caroline Murray STOTT PILATES matwork for golf, level 1 WS 247	Julie Burfoot GRAVITYPilates: reformat matwork WS 248	LMI trainer team RPM™ WS 249	Scott Elher Choose your own adventure WS 250	14:15-15:15 Steph Toogood Deep, deep, deeper WS 251
15:00 - 15:30 Break with show demonstrations																		
15:30 - 16:30	Bob Esquerre Injury prevention series for indoor cyclists: knees, back and shoulders L 252	Pete Twist The essence of athleticism L 253	Michol Dalcourt Vitality training L 254	Gill Cummings Bell The business IS outdoors! L 255	Margot Wells Learn how to turn strength into real power WS 256	John Hardy Functional dumbbell training WS 257	Outbox trainer team Outbox MC 258	Greg Roskopf Understanding compensation patterns L 259	Vanessa Vassallo, Geoff Bagshaw and John Shehan. A Brit, an Aussie and a Canadian do it live and loud on a step MC 260	Kelly Edwards GRAVITYGroup: amplified resistance MC 261	Paco Gonzalez, Helen Holmes and Vicki Galvin Keiser: ultimate power workouts MC 262	Helen Carpenter Waters More bump 'n' grind MC 263	Paul Taylor Holistically fat L 264	Helen Vanderburg Yoga ball fusion MC 265	Stott Pilates training team STOTT PILATES: reformer workout for men MC 266	Jane Chinery Film fit and movie moves MC 267	Jenny Joliffe Water works MC 268	
16:30 - 17:00 Break with show demonstrations																		
17:00 - 18:00	John Hardy From crawl to hop and everything in between WS 269	Michol Dalcourt Exercise physiology research update: the physiology of elite performance L 270	Steve Jack Branding: how to stand out from the crowd L 271	Anthony Carey Functional anatomy: myofascial slings L 272	Scott Krywulycz Habits to success L 273	Gravity UK team GRAVITYPersonal Training: synthesis MC 274	Ben Pratt Join up! Become an eccentric trainer L 275	Nic Jarvis 3 ways to grow your business L 276	Greg Sellar Charity all-stars boot camp MC 277	Vicki Galvin Keiser: interval blast MC 278	Fraser Quelch TRX® suspension training MC 279	Anne-marie Newland Sun power yoga excellence in teacher training MC 280	Caroline Murray STOTT PILATES: golf conditioning on the reformer MC 281	LMI trainer team BODYPUMP™ MC 282	LMI trainer team RPM™ MC 283	Fitclub Teamcombat™ MC 284	Craig Stuart Pour it to the core MC 285	

SUNDAY

Registration from 07:00am																	
08:30 - 10:00 Pete Cohen Using your brain for a change: the secrets to weight loss L 301																	
10:00 - 10:30 Break with show demonstrations																	
10:30 - 12:00	William Sukala Medical community networking: establishing a special populations client base L 317	Anthony Carey The movement triad L 318	Jeff Willoughby Shoulder mechanics and its implications to trainers L 319	Chuck Wolf Myofascial matrix L 320	James Wild There's more to speed than speed ladders L 321	Paul Chek Critical programme design strategies L 322	John Shehan www.hi.lo.2010.co.uk WS 323	TRX® Power stretch Fraser Quelch WS 324	Paco Gonzalez Keiser: the Pyrenees challenge WS 325	Beko Kaygee Capoeira fitness WS 326	Kelly Edwards GRAVITYGroup: amplified resistance WS 327	VIPR training team Live life in 3V: VIPR group training WS 328	Rob Glick Power yoga WS 329	Caroline Murray STOTT PILATES: matwork for golf, level 2 WS 330	LMI trainer team BODYSTEP™ WS 331	Fitclub trainer team teamenergy WS 332	Steph Toogood H2O tone zone WS 333
12:00 - 13:30 Lunch with show demonstrations																	
13:30 - 14:30	Jeff Willoughby Practical exercises for the lower body WS 334	Robert Cappuccio Secrets of influence L 335	Outbox trainer team Outbox WS 336	John Hardy Functional dumbbell training WS 337	Dubravko Ratkajec Step - know how MC 338	Paco Gonzalez Keiser: ultimate cardio workout MC 339	VIPR training team VIPR athletic MC 340	Matt O'Neill Nutrient timing tactics L 341	Simone Hodgkinson Introduction to meditation MC 342	Stott Pilates training team STOTT PILATES: foam roller challenge, level 2 MC 343	Julie Burfoot GRAVITYPilates: reformat amplified MC 344	LMI training team BODYATTACK™ MC 345	LMI trainer team RPM™ MC 346	Jane Chinery Street fit MC 347	Jenny Joliffe Water works MC 348		
14:30 - 15:00 Break with show demonstrations																	
15:00 - 16:00	Pete Twist Maximum metabolic cost WS 349	Scott Krywulycz Tapping into the lucrative corporate market L 350	Douglas Heel Why the psoas and the glutes are the most important aspect of the body to think about, no matter who you are training L 351	Bob Esquerre Even eagles need a push: how to manage your fitness team L 352	Paul Taylor Isolation is dead: long live integration L 353	Magnus Ringberg Mango moves MC 354	Jo Parry Back to basics - the ABC of aerobics and more! MC 355	Paco Gonzalez Keiser: elliptical experience MC 356	Helen Holmes Keiser: empowerment MC 357	Kelly Edwards GRAVITYGroup: last blast! MC 358	Jean Sadouni Micro nutrition and sports performance L 359	Cherry Baker Diagnostic exercise and muscle balance testing for the Pilates instructor and personal trainer MC 360	Caroline Murray STOTT PILATES: pre-natal on the reformer MC 361	LMI trainer team BODYJAM™ MC 362	Simone Hodgkinson Flexi-kids yoga MC 363	Steph Toogood Age smart MC 364	