



# ASIA FITNESS CONVENTION 2014 - BITEC, BANGKOK, THAILAND

## PRE AND POST CONVENTION SESSIONS

### PRE CONVENTION - THURSDAY, OCTOBER 9TH

Session No:		9-1	9-2	9-3	9-4	9-5	9-6	9-7
9:00 AM - 5:00 PM	Session Title	<b>BOSU Anti Aging</b>	Everything VIPR - Group and Small Group For Life and Sport	<b>Functional Movement Screen Level 1</b>	Effective Strategies for Training Obese and Overweight Clients	BootCamp Fitness Instructor Certification Course	UGI Essentials Instructor Training	Golf Fitness
	Sponsor	EcoLifestyle®	EcoLifestyle® and FitPro®	FMS®	ACE®		Mad Dogg®	FreeMotion Fitness®
	Presenter	Lawrence Biscontini, Betty O'Brien	Matthew Truscott	Gray Cook, Diane Vives	Jonathan Ross	SGT Weichert	Sara Shears	Tim Church

### POST CONVENTION - MONDAY, OCTOBER 13th

Session No:		13 - 01	13 - 02	13 - 03	13 - 04	13 - 05	13 - 06	13 - 07	13-08
9:00 AM - 5:00 PM	Session Title	<b>Functional Training 101 Certification</b>	<b>Bulgarian Bag</b>	Business Building Jigsaw - Assembling The Pieces To Business Growth	<b>Functional Movement Screen Level 2</b>	Functional Aging Specialist Certification	Real Ryder® Certification	NPE FAST FORWARD™: One Day Business Building Event	Olympic Weightlifting for the Fitness Professional - Coaching the Coach Certification
	Duration		Escape Fitness®		FMS®		EcoLifestyle®	NPE®	
	Presenter	<b>Peter Twist, Dean Shiels</b>	<b>Tommy Mathews</b>	BJ Radomski	Gray Cook, Diane Vives	<b>Cody Sipe</b>	Douglas Brooks	<b>Ric Isaac</b>	Drew Dillon, Mark Cannella



# ASIA FITNESS CONVENTION 2014 - BITEC, BANGKOK, THAILAND

## DAY 1- FRIDAY, OCTOBER 10TH

### PRE-CONVENTION EVENING - THURSDAY , OCTOBER 9TH

6:00 to 7:00 PM	Session Title	Make The Most of Your AFC - Orientation Session For All
	Presenter	Lawrence Biscontini and Team

### DAY 1 - FRIDAY, OCTOBER 10TH

7:00 - 8:00	Session Title	111 - TRX MultiModality High Intensity Circuits	112 - ViPR 3D	113 - Bulgarian Bags	114 - T'ai Chi: Slow Then Spirited	115 - Get Your Groove On- groove fx®	116 - Chakra Salutations	117 - UGI® 30 in 30	118 - Building Functional Upper Body Movements for SMARTsets™	119 - African Dance Fundamentals Barefeet
	Sponsor	TRX®	EcoLifestyle® and FitPro®	Escape Fitness®		fitness fx®		Mad Dogg®		
	Presenter	Fraser Quelch	Matthew Truscott	Tommy Mathews	Lawrence Biscontini	Michael Betts	Marla Ericksen	Sara Shears	Diane Vives	Kukuwa Nuamah

### 8:15-9:15 Opening Ceremony

9:30 - 11:00	Session Title	121 - Total Body Core Training	122 - Sprint to Success: The Secret is 1st Step Quickness + Speed	123 - Mobility for Weightlifting	124 - Crack the Movement Code for Key Functional Exercise	125 - Born to Move® 4 - 5 Years	126 - Yoga Pulse - The Rhythm of Prana	127 - Practical Ideas on Golf Fitness	128 - All You Ever Wanted to Know about Anaerobic Conditioning to the Max	129 - How To Fill Your Fitness Business With The Tight Type of Clients - Committed and Compliant
	Sponsor				FMS®	Les Mills®		FreeMotion Fitness®		NPE®
	Presenter	Pete McCall	Dean Shiels	Drew Dillon, Mark Cannella	Gray Cook	Peeka Sodsai, Naila Nadwa	Marla Ericksen	Tim Church	Len Kravitz	Ric Isaac

11:30 - 12:45	Session Title	131 - Active Pregnancy - Prenatal	132 - Plyometrics for Everyone; Everyday Plyometrics	133 - Sgt Ken's Advanced Boot Camp: Operation Fast and Furious™ - Burn 1,000 calories in 75 mins	134 - Dealing with Clients with Low Back Pain	135 - RITMOS (Dance!)	136 - Pilates Fit	137 - Fundamentals of Holistic Balance Training	138 - Stop Training, Start Coaching : It's Time to Disrupt the Model	139 - 5 Secrets To The Best Diet
	Sponsor			EcoLifestyle®					ACE®	
	Presenter	Helen Vanderburg	Jonathan Ross	SGT Ken	Adam Floyd	Kanae Takegahara	Zoey Trap	Cody Sipe	Michael Mantell	Krista Scott-Dixon

1:15 - 2:30	Session Title	141 - Group Rip Performance	142 - Agility Training to Ignite Your Circuits	143 - The Snatch	144 - Functional Exercises for Fixing the Forward Shoulder	145 - PILOXING®	146 - Yoga Technique Applied to Partner Stretching	147 - Born to Move® 8 - 12 Years	148 - Women, Hormones, Metabolism & Energy Expenditure: Unraveling a Complex Puzzle	149 - Intermittent Fasting, Paleo, Gluten and Inflammation – Unraveling Popular Nutritional Trends
	Sponsor	TRX®	FMS®			Piloxing®	FIT Thailand	Les Mills®		NASM®
	Presenter	Fraser Quelch	Diane Vives	Drew Dillon, Mark Cannella	Evan Osar	Viveca Jensen	Yuttana (Jimmy) Poncharoen	Peeka Sodai, Naila Nadwa	Len Kravitz	Fabio Comana

3:00 - 4:15	Session Title	151- Sgt Ken's Team Sports: Operation Pulling for Power™ - Double your Strength and Stamina in 2 weeks	152 - A Different Look at Core Training: The Backside	153 - KIZONGU-Ingenuity	154 - Exercise for Arthritis	155 - Medicine Ball: Metabolic Conditioning	156 - Get to Know Joe	157 - Panel Discussion: State of the Fitness Industry – Past, Present and Future	158 - Help! I'm Stuck Working With Resistant Clients	159 - Cognitive Behavioral Coaching for Weight Management and Fitness Clients - THINK THIN and Grow Fit
	Sponsor	United Lifestyle®	FMS®			Dynamax®				
	Presenter	SGT Ken	Lee Burton	Kukuwa Nuamah	Adam Floyd	Jeremy Shore	Zoey Trap	Fabio, Helen, Pete, Drew, Christian	Krista Scott-Dixon	Michael Mantell

4:45 - 6:00	Session Title	161 - Fundamentals of Youth Fitness	162 - Warrior Training	163 - ViPR® Athletic	164 - Earn-the-Right' to Run - Solutions to Recurrent Runners Knee	165 - UGI® Fit and Flow	166 - Yo-Chi™	167 - From Fragile to Agile	168 - Stress, Cortisol, and Obesity : New Answers!	169 - Boosting Brain Fitness – Understanding the Brain-Exercise Connection
	Sponsor			EcoLifestyle®		Mad Dogg®		ACE®		NASM®
	Presenter	Pete McCall	Peter Twist	Matthew Truscott	Evan Osar	Sara Shears	Lawrence Biscontini	Jonathan Ross	Len Kravitz	Fabio Comana

### 6:30 ++ AFC Fitness Idol Finals

Exercise Science Fundamentals
New Ideas/Trends
Client Relations and Business Smarts
Exercise and Medicine
Workouts and Programmes: Sports Conditioning
Workouts and Programmes: 1 on 1 and Small Group Training
Workouts and Programmes: Dance and Group X
Workouts and Programmes: Mind Body



# ASIA FITNESS CONVENTION 2014 - BITEC, BANGKOK, THAILAND

## DAY 2- SATURDAY, OCTOBER 11TH

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7:00 - 8:00	Session Title	211 - Move IT® Small Group Training	212 - Sports Drills: Strength and Power	213 - Introduction to Rotational Bodyweight Training	214 - T3 shred™	215 - Intensity OverLoad - Battle of the HIITs	216 - Pilates Reformer on the Stability Ball	217 - What a Surprise: Fartlek!	218 - willPower® IGNITE	219 - The Forgotten Salutations
	Sponsor	Escape Fitness®	EcoLifestyle®	United Lifestyle®	fitness fx®			Schwinn®	Vibram®	
	Presenter	Steve Barrett	Douglas Brooks	Christopher Camacho	Michael Betts	Mindy Mylrea	Zoey Trap	Jorge Martins	Stacey Lei Krauss	Lawrence Bisconti
8:30 - 9:45	Session Title	221 - Exercise Program Design for the Fountain of Youth	222 - How to Safely Introduce Plyometrics to Your Clients	223 - The Clean	224 - Rehab Made Simple	225 - KUAMBA - knowledge	226 - 10 Secrets of Injury-Free Yoga	227 - Schwinn® Cycling: Mpower = Motivation!	228 - Nutrition for Injury Recovery and Inflammation Management	229 - The 'Wow' Factor – Building Your Brand, Business and Tribe
	Sponsor							Schwinn®		NASM®
	Presenter	Pete McCall	Peter Twist	Drew Dillon, Mark Cannella	Adam Floyd	Kukuwa Nuamah	Marla Ericksen	Helen Vanderburg	Krista Scott-Dixon	Fabio Comana
10:10 - 11:25	Session Title	231 - TRX® Training for Active Seniors	232 - Multidirectional Agility, & Quickness - Self, Partner and Group Games Kids Love	233 - Core Momentum Training	234 - Roll to Maintain Hip and Shoulder and Mechanics	235 - Stronger, Fitter, Faster - T3	236 - Strength, Balance and Core Stabilisation	237 - Race You to the Top!	238 - The 7 Proven Strategies to Boot Camp Success™	239 - Beyond Exercise: The Mind As a New Frontier of Success
	Sponsor	TRX®		Escape Fitness®	EcoLifestyle®	fitness fx®		Schwinn®		
	Presenter	Fraser Quelch	Dean Shiels	Steve Barrett	Jeff Alexander	Michael Betts	Dylan Werner	Jorge Martins	SGT Ken	Brian Grasso
11:50 - 1:05 (Lunch Option 1)	Session Title	241 - All You Need is You - Bodyweight Training	242 - BOSU® Out of Bounds	243 - Programming for Weightlifting	244 - ATC Playground - The All Tools Combined method of Group Training	245 - Common Shoulder Injuries in the Gym	246 - Partner Pilates	247 - Schwinn® Cycling: Tabata Trek	248 - Moms in Motion: Pregnancy and Exercise	249 - How To Fix a Broken Diet
	Sponsor		EcoLifestyle®		FreeMotion Fitness®			Schwinn®		
	Presenter	Jonathan Ross	Douglas Brooks	Drew Dillon, Mark Cannella	Tim Church	Adam Floyd	Zoey Trap, Kayoko Takada	Mindy Mylrea	Sara Kooperman	Krista Scott-Dixon
1:20 - 2:35 (Lunch Option 2)	Session Title	251 - Calisthenics Progressions Bars and Rings	252 - Play Fit – Primal Movement	253 - Los Angeles Commercial Dance	254 - Improve Hip Function-Corrective Exercise Strategies for the Psoas and Gluteals	255 - Aging Powerfully	256 - Three Amigos – 3 Alternatives to Client Cueing	257 - Schwinn® Cycling: Metabolic Mash-Up	258 - The Mental Edge in Sports and Fitness Coaching: Using the Mind to Activate the Muscle	259 - The Physiology of Fat Loss: New Findings
	Sponsor					Dynamax®				
	Presenter	Dylan Werner	Brian Grasso	Tony Stone	Evan Osar	Jeremy Shore	Lawrence, Fabio and SGT Ken	Helen Vanderburg	Michael Mantell	Len Kravitz
3:00 - 4:15	Session Title	261 - SGT Ken's Circuit Training: Operation Craving Competition - Burn over 700 calories in 60 minutes	262 - 50 Can Be the New 30: Loading the Body's Communication Systems	263 - RBT™: Feeling the Difference, Knowing the Difference	264 - The Functional Aging Training Model	265 - KOWANGA - Change	266 - Yin & Yang - The Dance of Opposites	267 - Understanding Loaded Movement Training	268 - Tips and Trends for 2015	269 - Proven Success Coaching Fundamentals
	Sponsor	EcoLifestyle®		United Lifestyle®						
	Presenter	SGT Ken	Peter Twist	Christopher Camacho	Cody Sipe	Kukuwa Nuamah	Marla Ericksen	Pete McCall	Sara Kooperman	BJ Radomski
4:40 - 5:55	Session Title	271 - Brain Games, Body Games	272 - 101 Ways to BOSU®	273 - Old School Hype Dance	274 - Corrective Exercise Principles for Pelvic and SIJ Pain	275 - Effective and Complete Program Design	276 - Inversions	277 - willPower® Barre Fusion	278 - The Physiology of High Intensity Interval Exercise	279 - The Power Principles for Fast Fitness Business Profits
	Sponsor		EcoLifestyle®			EcoLifestyle®		Vibram®		NPE®
	Presenter	Jonathan Ross	Mindy Mylrea	Tony Stone	Evan Osar	Michol Dalcourt	Dylan Werner	Stacey Lei Krauss	Len Kravitz	Ric Isaac
6:30++	Saturday Night Party!!!!!!									

	Exercise Science Fundamentals
	New Ideas/Trends
	Client Relations and Business Smarts
	Exercise and Medicine
	Workouts and Programmes: Sports Conditioning
	Workouts and Programmes: 1 on 1 and Small Group Training
	Workouts and Programmes: Dance and Group X
	Workouts and Programmes: Mind Body

DAY 3 - SUNDAY, OCTOBER 12th										
7:00 - 8:00	Session Title	311 - ViPR® Movement Preparation Training	312 - BOSU® HIIT Extreme	313 - RBT™: Burn	314 - Flirty Girl Teaser	315 - willPower® and Grace	316 - Peaceful Progressions	317 - This is How We Ryde!	318 - Aerobics Dance Workout	319 - Trigger Point Performance: Cold Myofascial Compression™ Techniques for Recovery
	Sponsor	EcoLifestyle®	EcoLifestyle®	United Lifestyle®		Vibram®		EcoLifestyle®		Trigger Point Therapy®
	Presenter	Michol Dalcourt	Helen Vanderburg	Christopher Camacho	Mindy Mylrea	Stacey Lei Krauss	Zoey Trap	Douglas Brooks	Saturo Komawaza	TP Team
8:30 - 9:45	Session Title	321 - Training for Youth	322 - Don't Get Left In the Mud! Adventure Racing HIIT Tough-Strength	323 - The Jerk	324 - Functional Circuits for Aging Clients	325 - You Are Your Own Gym - blast fx™ and T3 blast™	326 - Arm Balances	327 - Burn Your Last Match!	328 - Applying NLP Fundamentals to Training	329 - Carbs vs. Proteins: the Good, the Bad and the Ugly
	Sponsor	TRX®				fitness fx®		EcoLifestyle®		
	Presenter	Fraser Quelch	Dean Shiels	Drew Dillon, Mark Cannella	Cody Sipe	Michael Betts	Dylan Werner	Douglas Brooks	BJ Radomski	Krista Scott-Dixon
10:10 - 11:25	Session Title	331 - The Best Functional Exercises in the World	332 - BOSU® HIIT, The Metabolic Challenge	333 - The Portable Playground Partner Challenge	334 - Injury Proofing the Hips	335 - Practical Ideas on Profitable and Manageable Small Group Training	336 - Yoga Touch	337 - Integrated Core Training and Injury Prevention for Cyclists	338 - Connecting with Clients: The Jet Fuel of Sales Know-How	339 - Preparing Athletes for Optimal Performance - Inside & Out
	Sponsor	FMS®	EcoLifestyle®		EcoLifestyle®	FreeMotion Fitness®		EcoLifestyle®		
	Presenter	Gray Cook	Mindy Mylrea	Ken Baldwin	Michol Dalcourt	Tim Church	Sara Kooperman	Douglas Brooks	Michael Mantell	Brian Grasso
11:50 - 1:05 (Lunch option 1)	Session Title	341 - Calisthenics Progressions: Paralletes and Ground Work	342 - Developing Youth Physical Literacy and UNLEASING Athleticism	343 - Building SMARTsets™ Circuits From the Ground Up	344 - The Importance of Utilizing Primitive and Transitional Patterns to Improve Movement	345 - Dance Workout T.S. Style	346 - The Top 10 Tricks of the World's Best GX and PT	347 - Shut Up Legs!	348 - The Quantified Self: The Embrace of Technology and Fitness	349 - You Promised Change, Now Deliver It
	Sponsor				FMS®			EcoLifestyle®	NASM®	
	Presenter	Dylan Werner	Peter Twist	Diane Vives	Lee Burton	Tony Stone	Lawrence Biscontini	Douglas Brooks	Fabio Comana and Michol Dalcourt	Krista Scott-Dixon
1:20 - 2:35 (Lunch Option 2)	Session Title	351 - Slam Dunk Sport Circuit	352 - The Essentials: Strategic Group-Based Training	353 - PILOXING® : Round 2!	354 - Ground-Up Strategies to Enhance Gait and Mobility	355 - Train to Play with The Dynamax Medicine Ball	356 - Pilates for Seniors	357 - In It for Life	358 - Current Concepts in Understanding and Managing Overweight and Obesity	359 - How To Make It, Save It & Invest It
	Sponsor			Piloxing®		Dynamax®				NPE®
	Presenter	Mindy Mylrea	Brian Grasso	Viveca Jensen	Cody Sipe	Jeremy Shore	Zoey Trap	Helen Vanderburg	Michael Mantell	Ric Isaac
3:00 - 4:15	Session Title	361 - Play, Train & Gain	362 - BOSU® Strong and Stretched	363 - Applying Weightlifting to other Sports	364 - SMR for the Knees - Preventing Muscular Dysfunction	365 - House Dance Movement 2.0	366 -Shakti Spirited Glow	367 - PILOXING® Knockout!	368 - Q&As for Fitness Professionals - Ask The Expert	369 - Instructor Excellence
	Sponsor	Escape Fitness®	EcoLifestyle®		EcoLifestyle®			Piloxing®		
	Presenter	Tommy Mathews	Helen Vanderburg	Drew Dillon, Mark Cannella	Jeff Alexander	Tony Stone	Lawrence Biscontini	Viveca Jensen	Fabio Comana	Sara Kooperman
4:30 - 5:00	CLOSING									

	Exercise Science Fundamentals
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