



SESSION DESCRIPTIONS

THURSDAY, SEPTEMBER 29TH

06:00PM – 07.00PM

001 – Make the Most of Your AFC: Orientation for ALL (L) *by the AFC TEAM*

Make sure you find out firsthand all that is happening at AFC 2022. Come to this orientation and get a sneak preview of what we have to offer, how to plan your days to make the most of your energy and thirst for knowledge and skills and how to get out there and meet some great presenters and fellow fitness professionals throughout the event. Whether you are a first-timer or are returning for more from AFC, be sure to get hints about how to maximize your take-homes from this event. It for free and all are welcome!

DAY 1- FRIDAY, SEPTEMBER 30TH

08:00AM – 09:15AM

101 – Brain Games are Not Enough (WS) *by Jonathan Ross*

Brain health is hot. Many people play brain games to protect against brain disease, but research shows they do very little. We know exercise helps protect against brain disease, but specific types of exercise are more effective than others. Discover the three major changes in human history that got us the big, advanced brains we have now and experience specific techniques you can use immediately to start integrating bonus brain benefits for attention, memory, processing speed, and executive function in your exercises and workouts. Combine brain and body challenges to maximize the brain health benefits of exercise.

102 – Prepped and Primed (WS) *by Adam Jongsma*

Elite training facilities across the world are moving away from the traditional warm-up towards a more individual and specific movement preparation sequence. This creates an environment where the client is always moving towards improving their function instead of feeding dysfunction. Within this session you will be introduced to movement prep principles that will help you structure your movement prep sequence to optimize your client's performance session after session

103 – AFC Dance 2022 (WS) *by Anastasia Alexandridi*

The AFC Dance 2022 class is dedicated to freedom and to life: music, feelings, passion, and happiness. Join Anastasia and her specially designed choreography, exclusively designed for AFC delegates in 2022.

104 – Morning Yoga with SuryaNamaskar & Om (WS) *by Yuttana Poncharoen*



Join Jimmy for Morning Yoga with SuryaNamaskar & Om and learn to link your mind with simple flow yoga asanas movements, breathing and Om Chanting. Apply simple traditional yoga techniques for awakening, energizing and balancing body & mind, preparing for a new day. This early morning session is excellent for everyone: start your day off with a great workout.

105 – DRUMTASTIC Fit to Learn, Fit for Life (WS) by Carrie Ekins

This fun, innovative, interactive, research based, cross curriculum program incorporates drumming, music, and movement with core subjects such as math, language, and science to ignite the brain, activate the body, and energize the passion for education. Experience this social emotional learning approach using a sampling of easily implementable lesson plans that build a better brain, fight childhood obesity, and provides protocols and applications that increase the understanding and appreciation of STEM principles while ensuring your students meet or exceed the national standards for physical fitness.

106 – Play: The Missing Link for Ageing Clients (WS) by Ken Baldwin

The key to every good program is a sound foundation based on the principles of repetition and progression. But what if this is becoming detrimental to the ageing process? Are we doing damage to our clients by not providing these two key elements? Join Ken as he shares the latest research on Neuroplasticity, and how the brain affects how and what we process as well as how we move. We then apply these new principles to our workout and come up with some great take-home ideas for play and movement for our active agers.

107 – Energy Pathways with Resistance Training (L) by Fabio Comana

Sponsored by NASM®

Resistance training involves a sequence of shorter, more intense bouts of work coupled with recovery between sets, but what influences the design of the format and duration of this recovery interval? A common breakdown is the application of the science of the anaerobic energy pathways into practice – how to effectively program work-to-recovery ratios into programs. This often results in programming driven around effort rather than intensity, which can negatively impact performance and goals. This session provides a comprehensive overview of how each system contributes to energy to performance to enable you to design effective programs and results.

108 – From Child to Champion (L) by Peter Twist

Join Pete and learn how to get kids started right to improve physical literacy, social-emotional skills and develop a positive relationship to exercise. Learn how to graduate youth through general athleticism before entering sport-specific training. Understand stages of growth and maturation and how training best suits your client during prepuberty, puberty and post puberty. Learn how brain development, skeletal maturation and tissue adaptation affect load management and training tolerance. Hear about mindset motivators that match kids' emotional maturity. Preparing youth



for sport and an active LIFE, the emphasis is on the practical application – what attributes to improve first - youth training principles, key mechanical skills, and gamification.

109 – Dance Competition

09:45AM - 10:30AM

002 – Opening Ceremony

10:45AM - 12:00PM

111 – Rebirth of Isometrics and Tempo (WS) *by Joe Drake*

Improving stability, strength, and performance can mean slowing things down and learning to better control the moving parts. Understanding the role of different contraction types can be a game changer as isometrics and tempo work are two of the most underutilized training methods in the gym. Join this hands-on workshop for a first-person experience with some innovative ways to level up your training with isometrics and tempo work for clients of all types.

112 – 8 Mandatory Movement Patterns for Performance (WS) *by Nick Tumminello*

Improving performance and reducing preventable injuries comes from maximizing training transfer. Learn why maximizing training transfer comes from making these 8 movement patterns the foundation of a comprehensive strength and conditioning program. You will gain a simple framework for program design with this list of movement patterns that guide your training on a weekly basis, along with clear guidelines on exercise selection and volume for each individual and training phase.

113 – The Rise of Group Ex Periodisation (WS/L) *by Vanessa Leone*

Periodisation isn't a word that may be thrown around to members, but brand-new class-based boutique gyms are following its theories. The human body cannot maintain a high volume of load and intensity for long periods of time. Consequences of such training regimes include burnout, injury, and attrition. In this enlightening session learn simple steps to introduce periodisation into your classes, studios, and boutiques. Walk away understanding how you can impact more members positively for long term growth.

114 – Creative Matwork with Small Apparatus (WS) *by Serafino Ambrosio*

Join Serafino for this fun, energizing workout that will transform the way you feel about 'Pilates'. Fluidity is the key; fun is the concept. Move and be moved with this innovative approach to Pilate's training, using everybody position available: standing, quadruped, supine, prone, side-lying, kneeling and Inverted V. A creative and invigorating class for everyone.

115 – Postural Integrity (WS) *by Helen Vanderburg*



Postural integrity has a direct impact on movement quality, efficiency, and load distribution. The ability to maintain correct alignment in movement allows for relaxation, freedom of motion, elastic energy production, and stability in sport, fitness, and life. Learn a series of dynamic postural assessment exercises and apply them to exercise design. This practical postural session focuses on torso and joint stability training. Participants will be taken through bodyweight strength and stability exercises that are easy to implement in any training environment and leads to enhanced performance.

116 – Is Sitting the New Smoking (L) by Rick Richey

Sponsored by NASM®

Sedentary lifestyles and smoking have a lot in common when it comes to morbidity and early mortality. Research shows that being sedentary is so bad for you that even a daily hour-long workout may not prevent many chronic diseases if you are sedentary for the other 23 hours in the day! Review the research of being sedentary and how lifestyle changes beyond - and sometimes instead of - an hour in the gym can help save so many of our clients, family, and loved ones from pathologies that are rooted in being rooted to our chairs.

117 – Nutrition to Strengthen the Immune System (L) by Douglas Kalman

With the recent and ongoing Pandemic, there has been renewed interest and over marketing with respect to how the diet and supplements may affect and impact the immune system. This session will utilize an evidence-based approach to review what we know about immunonutrition, what we know about dietary supplements and how all may fit into an athlete's overall sport nutrition and performance plan.

118 – Small Actions, Big Results (L) by Robert Cappuccio

There is no change unless it's preceded by a behaviour change. Understanding how to identify and develop the habits that drive the results they want, could be the key to or the lock on your client's potential.

In this session we will examine the science and strategies behind successful habit formation. We will identify common reasons why our clients sometimes struggle to form habits critical to their success, and what strategies they can use to avoid getting stuck.

119- Dance Competition

12:45PM – 2:00PM

121 – Injury Prevention for Endurance Sports (WS) by Peter Twist

As a trainer preparing clients to be active in running, triathlons and other endurance sports, it is very important to embed injury prevention strategies into your training program. Methods that combine prevention and performance goals keep clients off the sidelines and in the game, they love to play. Discover the most common injuries and how to train your client to be more physically resilient. Know when to push them,



when to restore and how to adjust. Learn how to set your clients up for success with physicality to excel and endure both gym training and endurance activities. Train smart!

122– Optimizing Mechanics for the Big Three Lifts (WS) by Adam Jongsma

Powerlifting and the big three lifts are immensely popular in today's fitness industry. Unfortunately, we see many clients and trainers are completing these lifts with improper technique, mobility limitations, and motor control issues that not only sacrifice the quality of the lift but put them at risk for injury. Within this session, you will learn some of the most common mistakes made with the big three lifts and how we can make some minor adjustments to the mechanics to optimize performance, improve transferability, and minimize risk for injury.

123 – ABILITY Beats Make Impossible Possible (WS) by Carrie Ekins

Ability Beats is a research based, multi-sensory, all-inclusive interactive program that empowers participants with the “ability” to achieve healthy and happy lives through a “No Limitations” social emotional learning fitness and wellness experience. Foster creativity through comprehensive brain and body exercises that integrates kinesthetic awareness, neuromuscular skills, cardiovascular conditioning, flexibility, strength, socialization, and wellness activities that meets or exceeds the national standards. Learn how to adapt music and movement drumming activities to varying levels of abilities, thereby accommodating physiological, emotional, and cognitive needs that supports each individual, regardless of age or ability. Encourages, experimentation, exploration, socialization, and boosts one's self-esteem.

124 – The 3: Flexibility, Stability, Mobility (WS) by Leslee Bender

Come experience an all-new progressive approach to increasing flexibility, while decreasing pain and injuries for your active clients. Learn the importance of myofascial release and restorative exercises that are essential components of fitness and wellness. You will walk away with a better understanding of the complexity of the fascial lines and the importance that they play in everything that we do. Improve your posture, alignment, and the structure of the body for a functional, pain-free, resilient life.

125 – Are All Injuries Created Equal? (WS) by Ulrik Larsen

Join Australian Sports Physiotherapist Ulrik Larsen as he explains how Injuries can be classified by Personal Trainers into high or low risk categories. Low risk injuries are an opportunity to work with a client in conjunction with an allied health professional (physiotherapist, exercise physiologist, etc.) to bring them back to an optimal state where loading and exercise is safe. Learn when injuries are high risk and must be referred to an allied health professional before you can work with them. Fitness Pros can easily learn how to risk assess, but never diagnose an injury. Be safer with client injuries!

126 – Alzheimer’s: Prevent it With Everything You’ve Got (WS) by Jonathan Ross



Alzheimer's is the fastest growing cause of death and will not see a cure. Never getting a disease is always better than defeating it but avoiding illness does not give us an enemy to attack and is not as dramatic. It is why we have war movies not "peace movies." Humans are irresistibly drawn to drama. We wait until we get a disease then fight it with everything we've got. Instead, let's prevent it with everything we've got! Explore the 18 lifestyle factors related to Alzheimer's and zero in on the ones most modifiable by fitness leaders like you.

127–Eating to Live, or living to eat (L) *by Benjamin Siong*

These statements are often made to convey the notion of complete self-control over food, or complete control of food over self. The former is a cliché statement from bodybuilders who take pride in consuming large amounts of "bland" foods for the purposes of fueling their physical development. The latter defines the modern 'foodie' who will travel to the moon and back just to have a taste of the latest food creations in town. Yet, our relationship with food can never be described in such a "black or white" fashion, especially when emotions and stress are involved. Eating based on emotions is that grey area that everyone will experience at some time. Join Ben and learn how this can often lead to individuals continuing to eat foods that they know are not beneficial for the body. The result is weight gain, self-image issues, self-hate, lowered confidence, increased stress, and the cycle perpetuates.

128 – Inflammation: What it is and How it Works (L) *by Rick Richey*

Sponsored by NASM®

We have heard about, talked about and blamed inflammation for pain and numerous physical shortcomings. Clients may have asked about you about inflammation or swelling or a certain injury that they have or had in the past. People often talk about inflammation as the reason for numerous types of pathologies – and they are right! But how is something designed to help protect us the cause of so many issues that afflict us? This lecture will provide a deeper understanding of the inflammatory process and can help us, and our clients, better understand injuries, pain, swelling, and even pathologies.

129 – Dance Competition

2:30PM - 3:45PM

131– Updated Glute Training: Top Landmine Moves (WS) *by Joe Drake*

Glute training continues to dominate fitness trends and Instagram feeds, but not all exercises and training methods are created equal. Landmine (or angled barbell) training has been around since the late 90's but many trainers still aren't well versed in some of the massive benefits this unique tool presents when it comes to hip and glute training. This session covers how to perform, coach, and get the most out of the best proven exercises for glute activation and pain free strength training.

132 – Foot and Ankle – Form and Prevention (WS) *by Fabio Comana*

Sponsored by NASM®

The foot and ankle structure are complex and may exert great influence on the rest of the human movement system (HMS). This session introduces regional



interdependence, explaining how the body functions as one interconnected kinetic chain and how compensations or impairments in one region may lead to impairments within other regions. Learn more about the mechanics of the foot and ankle during movement, how to identify key dysfunctions and how they will impact the body. Also learn how to implement corrective exercise techniques to help prevent injury and improve overall movement efficiency.

133 – Freestyle Group Master Experience (WS) by *Vanessa Leone*

Time to move and simultaneously educate yourself on how to deliver exceptional freestyle classes to your members. Join Vanessa in this informative, full body, strength, and cardio based workout. You will learn easy to implement, easy to manipulate formats using body weight, light resistance, and bands. Whether you are a beat driven or a beat inspired instructor you will take home easy to apply class blocks that you can adapt for your very own freestyle group exercise classes. Get ready to sweat, learn & grow!

134– Shoulder 360 (WS) by *Helen Vanderburg*

The shoulder is a complex joint. Explore the shoulder in this workshop by taking a 360 degree look at the shoulder and function. With so many clients struggling with shoulder issues how can we help them gain mobility and stability to enhance function, performance, and strength. We will discuss the anatomy and biomechanics of the shoulder followed by effective exercises and techniques to enhance shoulder movement efficiency.

135 – Balance Training Revamped (WS) by *David Liow*

Balance training needs to be better than seeing how long you can stand on one leg. Real life balance training involves moving body parts in all directions. This session will teach you how to incorporate cutting-edge dynamic balance training concepts into your programmes. Be prepared to move and experience revamped balance training in this practical session.

136 – Personalisation in Stress Recovery (L) by *Cameron McDonald*

Sponsored by PHA

Personalisation is a must! And with advances in technology it is now possible to accurately identify and measure the physical and mental load of a client, to provide an individualised approach to their health goals.

In this session we will cover:

- 1) How to identify different stressors that contribute to a clients overall physiological load
- 2) How to effectively measure your clients current stress load using technology and other assessments
- 3) How to manipulate your exercise programs to support a client under stress
- 4) Effective recovery strategies to keep your client on track with their exercise program.

137 – Nutrition for the Female Athlete (L) by *Douglas Kalman*



This session will focus on the unique and often overlooked nutritional needs of the female athlete. A review of the literature plus practical recommendations and programs for the female athlete will be reviewed and discussed. As nutrition and sports nutrition is becoming more personalized, a greater understanding of gender-based nutrition is coming into focus. The goal of this session is to synthesize the data into useful practical details that can be applied to everyday practices.

138 –Overcoming Mental Barriers to Success (L) by Angie Miller

Sponsored by NASM®

As trainers, we're skilled at helping our clients achieve their physical goals, but it's often mental barriers that get in the way of success. From bad habits to negative self-talk, clients can get caught in mental traps that hold them back. This session will give you tools to help your clients overcome perceived obstacles, break free from self-limiting beliefs, and journey into a growth mindset that will help them maximize their performance.

139 – Dance Competition

4:15PM – 5:30PM

141– Balance Training in the OPT Model (WS) by Rick Richey

Sponsored by NASM®

Whether your clients are athletes or octogenarians, balance training is an incredibly important training modality. It is in every phase of the NASM OPT Model and for a good reason, but is often overlooked in application. Balance increases foot/ankle and hip stability and strength, and its application to sport and life makes it a valuable addition to every workout for every client. In this workshop, Rick will discuss the benefits of balance training and then lead you through dozens of balance exercises that will add incredible value to your training toolbox for a wide variety of clients.

142– Better Corrective Exercises for Tight Hip Flexors (WS) by Nick Tumminello

Learn how to improve hip extension range of motion and build strength throughout in order to help your clients and athletes move better and feel better without using common corrective exercise protocols. You'll discover simple exercises that work faster than corrective exercise, while also building muscle and strength.

143 – Funky Dance (WS) by Sasha Oshkin

Join this session and experience a combination of dancing styles: Locking, Popping, Top Rock, Hip-Hop, Jazz and Funk rolled into one. It is a salad of simple moves and improbable music - acid jazz. Sasha has developed this session for all levels: join Sasha and raise your mood and feel the joy pervade your body!

144 – Pilates Fascia and Pelvic Floor (WS) by Serafino Ambrosio



Begin this workshop with a brief introduction to latest fascia research and news and how it applies to the Pelvic Girdle. Then learn the importance of breath, thoracic rotation, and hip strength to power/ release your Pelvic Girdle using innovative and fun Pilates and Pilates based exercises. Finally, you will learn how to adapt these concepts and exercises to preventing/relieving pathology and pain. Join this great workshop for both women and men.

145 – Beat the Most Common Types of Knee Pain (WS) by *Ulrik Larsen*

Learn everything you need to know about the most common type of Knee Pain: Patello-femoral joint irritation resulting from poor quadriceps development and hip control. Learn how to assess and, alongside an allied healthcare professional (e.g. a doctor, physio or exercise physiologist), correct potential muscular imbalances associated with this condition, thereby reducing knee pain effectively. Your clients will love you for helping with their knee pain and be back on track for fitness before you know it.

146– Powerful Aging: Load to Explode (WS) by *Ken Baldwin*

Muscle power is a critical element to train as we get older, however most traditional resistance training programs focus on slower controlled movements that have little or no impact on muscle power. Join Ken as he shares the latest research and studies on both strength and power and shows why we need to focus more on power for this segment of the population. This session will cover safe and effective power exercises to enhance Longevity for Life.

147 – Optimise Your Immune System in 8 Weeks (L) by *Cameron McDonald* ***Sponsored by PHA***

The body is designed to protect itself from infections, heal from wounds, recover from workouts, and relax after a big day at work. At the centre of all these activities is a healthy functioning immune system. The fitness you do, food you eat, sleep you get and stress you experience all strongly influence the health of your immune system and can mean the difference between great results and repeated sickness, fatigue, and vulnerability to all sorts of disease. This session will step you through the essential actions that bolster your natural defences and get results at the same time.

148 – Reboot (L) by *Robert Cappuccio*

A common question is "how do I keep my clients motivated?" Yet as we all know, motivation wanes. What supports results long-term, is commitment. But how do our clients (and ourselves for that matter) stay committed when they must grapple with unpredictable changes, conflicting priorities, discouragement, or when life just seems to get in the way?

This session will explore theories around perception and behaviour. Then, we will learn techniques and strategies to keep our clients moving forward when facing challenges that set them back.

149 – Dance Competition



DAY 2 - SATURDAY, OCTOBER 1ST

08:00AM – 09:15AM

201 – Athletic Warm-up Equation (WS) *by Joe Drake*

Preparing athletes for training is much more than increasing body temperature. It is about understanding the 3 systems that need to be addressed in every dynamic warm-up as well as the 5 areas of emphasis for maximum impact. Flow and focus make all the difference here as we not only address joint mobility, stability, and plyometrics but also the long-term motor learning process for athletes. Take home a whole new routine and outlook on how to improve athletic performance and get the most out of your training with this step-by-step method.

202 – Movement in 3D (WS) *by Adam Jongsma*

When we learn anatomy from a textbook, it can be difficult to appreciate the complexity of movement and function. This is a common limiting factor in programming, especially during rehabilitation where we often see clients go from isolated movement patterns straight into foundational patterns. There is an intermediate step missing, and that is 3D patterning. In this session, we will discuss three major movement muscles and their associated fascial connections and explore how we can optimize function and performance by thinking in 3D.

203 – Dance Fuego (WS) *by Anastasia Alexandridi*

Fuego means Fire in Spanish!!!! Join Anastasia as she promises to bring fire on the stage and to your body: fire, ardour and passion. Come and dance and feel the fire!

204 – Meditation for Challenging Times (WS) *by Beth Shaw*

Remember life pre-COVID? We thought we were stressed then, but we had no idea the stress that would come with a global pandemic. Now as we attempt to imagine and navigate the future and resume our idea of normalcy, we understand the importance of self-regulation tools to help keep us focused, present, and calm. Discover meditation as a tool to shift mood and energy throughout the day and evening, so that you – and your clients – can transform yourselves from a worried, angry and/or depressed person into the person you want to be every day.

205 – Corrective Exercise for Active Ageing (WS) *by Leslee Bender*

You will walk away from this session with many specific strategies and techniques to train the active aging client for better realignment and functionality. Give your client purposeful individualized programming that fits their activities and keeps them injury- and pain-free. Learn to challenge the vestibular system for better balance and coordination that is crucial for the active ageing client. You will be able to coach, cue and connect with them on a new level of understanding that is necessary for this generation.



206 – Training the Post-Partum Client Safely (WS) by Claire Norgate

Approximately 86% of females have children making most of your female clients post-natal! This one-day course is designed to empower the personal trainer and fitness instructor to manage this large client group.

This session will overview pregnancy and delivery [including caesarean] and how it influences post-natal recovery. An insightful look at the first 6 weeks post-delivery will give you the knowledge to safely advise your clients why 'not' to return to training too soon.

As well, we will learn how to assess and manage the pelvic floor and core in the early days and overview how to introduce training at 6 weeks [with doctor's clearance], how and when to progress load and how to safely return to impact will be outlined.

207 – Coaching Not Training: Tips for Success (L) by Fabio Comana

Sponsored by NASM®

What differentiates great trainers from the rest? A simple answer – Trainers who 'coach' implements processes that help their clients to make significant in-roads towards transforming their behavior successfully. This discussion will highlight simple, yet critical coaching actions the trainer can employ with their clients, as well as how to navigate the principal premise of behavior change – cue-craving-routine-reward to empower clients to realize successful, sustainable change. Now's a good time to rethink the way you train and retrain the way you think.

208 – Out of the Question (L) by Robert Cappuccio

We often hear that "coaching is about asking the right questions." While questions are no doubt important, this statement is not true. Questions by themselves can be insightful, but used incorrectly, they can be a harmful impediment to long-term transformation. In this session, you will explore what happens beyond asking questions in the coaching process: what are the traits and skillsets coaches need after the question is asked that leads their clients to discovering their intrinsic drivers and overcome internal barriers to meaningful change?

209 – Dance ICON Swag (WO) by Frans Ferdinand

Swag Dance style class for all levels. Brings you more confident, experience cool moves & ready to hit any dancefloor that dares come in your way.

09:45AM - 11:00AM

211 – The Do's and Don'ts of Running Form (WS) by Ranell Hobson

Don't be overwhelmed by the jargon associated with Efficient Running Technique. In this workshop, Ranell cuts through the science and gives you the run down (pun intended) on the technical drills and skills to run with style. Decreased risk of injury, increased efficiency and economy and personal best times are all expected after learning these key biomechanical positions and shapes.



212 – The 5 Ab Exercises You Are Doing Wrong (WS) by [Nick Tumminello](#)

Abs are revealed in the kitchen, but they're built and strengthened in the gym. And no, barbell squats and deadlifts don't activate the abdominal muscles better than targeted ab exercises. Join Nick and learn some great exercises that work.

213 – Old School Hype Dance (WS) by [Tony Stone](#)

This is all about that "funk" and "new jack swing" which is urban dance foundation that remains a classic favourite. The days of cassette tapes, turntables and the very first CD's inspire this choreography full of big and expressive street dance movement. It's just as important and loved today as it was when it all first got started. Get into it because "This Is How We Do It!"

214 – Total Body Mobility (WS) by [Helen Vanderburg](#)

The link between mobility and performance is very clear whether it is to improve activities of daily living or athletic endeavours. The pathway for enhancing mobility is varied depending on the specific needs of your clients. In this workshop, you will learn common imbalances in the body, explore the upper and lower crossed syndrome theory and the role of fascia in mobility. Experience mobility exercises to target tight and weak spots in the body to enhance your personal training client sessions, add to your classes or create a dedicated mobility workout.

215 – 5 Things You Need to do With Every Client (WS) by [Sue Falsone](#)

In this session, you will learn the top 5 things Sue addresses with every client in order to reduce overall injury potential, prepare for training, and improve their quality of life. Considerations for the feet, pelvis, thorax and shoulders will all be discussed with exercises demonstrated and broken down for each key area.

216 – Barefoot Training for Active Ageing (WS) by [Ken Baldwin](#)

Do you remember spending most of your youth in bare feet? Over time we have locked our feet into footwear that has caused us to lose our ability to function effectively. Join Ken in this session as he outlines the basic fundamentals of footwork and its importance to the Active Ageing demographic in facilitating better movement patterns and reduction of injuries and falls.

217 – Creatine and Cognitive Nutrition (L) by [Douglas Kalman](#)

Cognitive Nutrition is an emerging area within both sports and e-sports nutrition. In addition, as how one eats (and perhaps supplements) may impact and effect overall brain and cognitive function throughout the lifecycle. Come learn the latest regarding brain protective nutrients, nootropic ingredients and what science says as related to dietary styles and brain health over the lifetime.

218 – How to Stress Less and Savor the Moment (L) by [Angie Miller](#)

Sponsored by NASM®



So much has changed in the way we navigate our world and our profession, and there's no better time to talk about healthy ways to reduce stress and improve our mental wellbeing! When we recognize ways we contribute to our stress, we can reframe the way we think about it and seek positive solutions. That's what this workshop is all about. You'll walk away with simple, easy to apply tips to help you and your clients stress less and savor the moment.

219 – Bootcamp (WO) by Kimberley Yap Chelliah

Bring excitement, fun and community to your classes! Experience an atmosphere of fun for your clients to let loose in our signature total-body bootcamp-style workout. This is a great session for any group fitness instructor (or personal trainer) who wants to help their clients get more enjoyment, have a great class experience, and create raving fans who keep coming back for more. Participants will leave with action-steps to implement their own group workout experience with their clients.

11:30AM - 12:45PM

221 – Anatomy of a Memorable Training Experience (WS) by Joe Drake

In a world full of convenience and distractions it's become increasingly difficult to keep clients engaged and falling in love with health & wellness. Unfortunately so many have fallen short in the past and continue to operate on the false assumption that working out is just about squats, pushups, reps, and sets - variables that so many people could care less about. Sadly it's probably the fitness industry's fault due to the rigid approach most certification and education for Fitness Pros takes. This session takes a different look at how coaches can approach small group training sessions & classes to create memorable training experiences and have more members falling in love with the gym.

222– Bulletproof Your Feet (WS) by Emily Splichal

Sponsored by Naboso®

With over 29 muscles in our feet there are important daily steps that can be done to ensure our feet stay strong and healthy. Join Podiatrist and Naboso founder Dr Emily as she explores foot function as it relates to strength, mobility, sensory stimulation, and circulation.

223 – Group Fitness Class Connect (WS) by Emma Masters

A mat-based fitness experience for your body + mind. Move through high energy body weight sequences driven by music, release stagnant negative energy, find stillness dropping into the breath and heart. It's bridging the gap between Yin and Yang. It's time to connect. Emma has been developing this class for the last few years and it has been receiving unanimously positive feedback on its power! Join Emma for this workout that captivates the importance of blending mindfulness and behaviour-change based cues within a high energy setting.

224 – Pilates 4 Kids (WS) by Serafino Ambrosio



This fun and creative approach in teaching children and 'children at heart' the benefits and joys of Pilate's training and movement. After a brief discussion on some new scientific principle, you will be taken on a fun journey of movement and concept training. New and profoundly exciting this workshop will be help you create safe, effective and extremely fun Pilates classes for virtually everyone.

225 – Most Common Running Technique Errors (WS) by *Ulrik Larsen*

Most clients are running in such a way that they will potentially overload their joints and tendons and develop injuries. Their technique includes bad habits that easily lead to problems at the knee and ankle joints. Join this session and learn the 6 main running technique errors and how to spot them happening on the treadmill. Ulrik Larsen will take you through these technique errors and show you how coaching and cueing can be used to improve efficiency and reduce soft-tissue overload for runners. A critical skill set for minimizing injury with your running clients!

226 – Females' Hormone Health (WS) by *Claire Norgate*

Join this session and learn about how female hormones affect training. We will explore the female menstrual cycle and examine the effect of progesterone and estrogen on the skeleton and muscles. If you or your female clients have felt energy and strength variations, let's see why and see how it may be better to train harder early cycle and de-load late cycle. A couple of simple yet effective program guidelines - reps, sets and exercise choices will be revealed and health tips to keep stable hormones across the lifespan.

227–Key Concepts in Oxygen Kinetics and Exercise (L) by *Fabio Comana* ***Sponsored by NASM®***

What is EPOC – how large is it really? How do I estimate calories from heart rate (HR) – is it accurate? What is a better predictor of performance – VO2max or lactate threshold and what is lactate threshold? Is HR a valid calorie estimator during interval training? You have many questions – we provide answers. Join us to for a review of oxygen kinetics and how it impacts programming and performance. This session will discuss EPOC and applications, examine HR-to-VO2-to-calories relationship, and analyze the value of using HR during steady-state and interval-type exercise as means to gauge work and energy expenditure.

228 – Mental Well-Being for Coach and Client (L) by *Peter Twist*

We are always "in the process of becoming", and as a coach, that's exactly what you help your clients do. Join mindset expert Peter Twist to learn how he mentored struggling pro athletes, cancer patients and an array of clients all seeking to become more positive, peaceful, happy and mentally strong. It's no secret that life can be overwhelming. We all have struggled with "negative" emotions that bring us down and hold us back. Be empowered knowing the healthy inputs and strategies that improve our perspective, self-talk, mood, mindset, brain and emotion. Own the process for your mental well-being!

229 – Dance ICON Cardio (WO) by *Erick Limans*



A lady's dance style that trains you to deliver great emotion through powerful choreography.

1:30PM - 2:45PM

231– Bodyweight Power Conditioning (WS) by *Ranell Hobson*

Do your runners need speed and power but are reluctant to hit the gym? Are you wanting a showcase of exercise combinations you can use anywhere, anytime? In this practical workshop you will follow Ranell through a series of bodyweight-based power conditioning sessions which can be used in segments or as a complete energy building hour of power. You will build elastic energy, explore explosive patterns and have a whole lot of fun.

232 – Fully Functional Hips in 15 minutes (WS) by *Nick Tumminello*

The Hip Health 10 (HH10) is an injury prevention program that involves the top 10 supplementary exercises that address the three most significant causes of preventable hip problems: Decreased strength, Increased fatigue and Lack of mobility. Learn how to do the HH10, which provides you with a simple, organized and concise sequence of exercises that ensures you exercise all of the movements and muscles necessary for optimizing hip health. The HH10 can be done anywhere in less than 15 minutes and easily integrated into your current programming.

233 – Step New Style (WS) by *Sasha Oshkin*

Step develops a new level. House gradually conquering step platform, unforgettable flight with using both base and streamlined steps gives you a chance to test yourselves and your abilities.

234– Training the Back Side (WS) by *Helen Vanderburg*

Most clients train what they can see in the mirror, often forgetting what is behind them! The backside of the body sustains us in good posture and is the powerhouse in activities of daily living, recreation, and sport. In this workshop, we will discuss the myofascial connection of the back line and how to effectively train the posterior kinetic chain of the body to improve function, movement efficiency, and performance.

235 – Thoracic Spine: What You Need to Know (WS) by *Sue Falsone*

The thoracic spine plays a huge role in lumbar spine health, shoulder health, breath, posture, and autonomic nervous system regulation. How much of your programming deals with this critical area of the spine? After this session, you will not only understand the importance of the thoracic spine, but how to keep it mobile and healthy, in order to optimize your client's well-being.

236 – Brain Science Meets HIIT (L) by *Jonathan Ross*

Mix fun and fitness to experience high-intensity interval training which changes the immediate emotional response to intense exercise and provides long-term brain



health benefits. Most people will never buy fitness the way we typically present it. This changes the game by making it one. Teach people to “lose yourself in play to find yourself in fitness” by integrating a cognitive component to exercise. Captivate your clients using brain science applied to fitness through reactivity, coordination, and friendly competition within workouts to improve processing speed, attention, and executive function.

237 –The Microbiome, Athletics and You (L) by Douglas Kalman

This session will focus on defining, explaining, and discussing the various microbiomes that all of us humans have. What is the gut microbiome as opposed to the skin microbiome and how all relates to sport and wellness? This session will include a review of the literature along with practical advice surrounding how diet impacts the microbiome and the interplay and relationship with sport performance and wellness.

238 – The Courage to Lead (L) by Robert Cappuccio

Leadership can be defined the co-creation of a vision, the designing of a strategy, and the collaboration to bring that shared vision into reality. Leadership is at the core of what every fitness professional does and is arguably more important today than it ever has been. However, facilitating breakthroughs for our clients and teams requires that we are first willing to break with ineffective dogma concerning leadership, which often creates more barriers than bridges. In this session you will learn proven, yet not so common strategies indispensable to supporting high performance in those around you.

239 – Dance Up (WO) by Anastasia Alexandridi

This commercial style dance class has been designed for all participants! The cool music makes your body move and brings happiness to your soul. Bring your energy over to Anastasia’s dance class, where there is never a shortage of fun! Let the cardio build your force.

3:15PM – 4:30PM

241– Functional Physique (WS) by Peter Twist

This is WHAT EVERY ADULT WANTS & NEEDS! A unique Training System proven to shape the toned muscular physique clients desire while improving the functional abilities they need. This system achieves top appearance goals while netting an enhanced "human vehicle". Experience strength training methods that maximize metabolism with maximised time under tension for muscle hypertrophy, while improving 3D movement skills and mobility in key patterns needed for active living. This is Pete’s favourite way to lift – a fusion of physique with function that also stimulates maximum brain computations for improved cognitive function. Look great and move better - confident in an active lifestyle.

242– Homecoming: Enhancing In-Home Training (WS) by Adam Jongsma

Training at home in today’s society has become commonplace, and for many, a



necessity. But with minimal space and equipment, how do we design quality at home training programs while maintaining program effectiveness? Whether you are a trainer developing programs for clients, or you yourself have been stuck at home with limited equipment, this can be a difficult question to answer. Within this session, we will answer the biggest questions surrounding in-home training, provide some principles for programming, and look at eight methods to increase intensity without equipment.

243 – DanceGLAM by DanzFitNation (WO) by Tony Stone

Created by Tony Stone, this revolutionary dance workout is set to appeal to all that enjoy easy-to-learn movement with truly hot music. It is a fresh new dance fitness class format guaranteed to be the most fulfilling and fun urban commercial classes you will ever experience. The outstanding styles of choreography delivered in 25-minute segments are centred around the urban commercial styles of street jazz, dancehall, old school, urban fusion, house dance, one we call "golden glam classic" and others. We are the jam!

244 – Get a Grip! (WS) by Emily Splichal

Sponsored by Naboso®

Strong hands are just as important as strong feet! Join Naboso founder Dr. Emily as she takes you through a 3-step healthy hands program which includes mobility, sensory stimulation, and strength. Optimize your performance and support longevity with these integrated concepts.

245 – When the Cuff Has Had Enough (WS) by David Liow

Shoulder pain is one of the most common complaints for gym-goers. Rotator cuff related pain is the most common type of shoulder pain. Dave worked with throwing athletes for a decade, and has worked with problem shoulders in the gym for the last 25 years. Learn what's gone wrong to make the rotator cuff unhappy, and how you can help the rotator cuff that's had enough.

246– Healing Trauma with Yoga (WS) by Beth Shaw

Traumatic events can result in mood disorders, disease, addiction, self-esteem issues, anxiety, depression, lethargy, hopelessness, and destructive behavior. People who experience adversity in childhood have increased risk of seemingly unrelated negative health outcomes as adults, such as ischemic heart disease, cancer, depression, illicit drug use, and suicide attempt. Healing comes from rebalancing and reversing the impact of the trauma to the brain. Learn how yoga, breathing, and meditation practices can be used as an adjunct to clinical care to cope with the symptoms of trauma.

247 – You Are Only as Well as Your Gut (WS) by Benjamin Siong

As the saying goes: "You are what you eat"..... really? The focus on eating the correct foods has given rise to dietary trends such the Keto diet, the juice detox, and the popular Paleo diet, to name a few. Yet, with this focus on the types of foods we



should be consuming, are there other factors concerning optimal health we should be equally concerned about? Join Ben as he investigates other health areas such as digestion, nutrient assimilation, gut health and even poo, highlighting how and why these play a critical role in the 'you are what you eat' equation.

248 –Building a Fitness Community That Matters (WS) *by Alvin Netto*

Fitness professionals are change-makers in today's world. We have the power to inspire our classes and clients and provide a sense of belonging and purpose. The ability to develop a roadmap to build a relevant and successful fitness community is a great key to connect our people together to spread your message, mission and vision. We learn and explore creative and innovative ways to grow a fitness community both online and in person.

249 – Baila Fiesta (WS) *by Monthira Lerat*

Sponsored by ZUMBA®

The Intent of this session is to make you feel like you're in a dance party. Hence the name, "Baila Fiesta" - translates to "Dance Party" in Spanish. It will focus primarily on Latin rhythms for most of the playlist. But also have some fun world rhythms here in there. Taking you in a trip around the world within just ONE session! Let's all come along and dance together in this session connecting to the Latin culture for a party. Using the music, you'll be able to express your emotions in the class, connecting with it on a personal level. But also, having so much fun at the same time, without even realising you're actually working out!

05:00PM – 06.30PM

005 –Saturday Night Get-Together *by the AFC TEAM*

BACK TOGETHER AGAIN! Meet up and have a drink with new and old friends! Listen to music, do some dancing, win fantastic prizes and enjoy the food. Join your fellow delegates, presenters, exhibitors and sponsors during this great evening.

DAY 3 - SUNDAY, OCTOBER 2nd

08:00AM – 09:15AM

301 – Warming up to Run (WS) *by Ranell Hobson*

The first 500m to 1 km of your run should NOT be your warmup. Sure, it's low intensity rhythmical cyclic motion which increases your heart rate and warms your body tissues, but to hit Personal Best (PB) times, decrease your risk of injury and prepare to run your very best from your first step requires specific intent to mobilise joint structures, increase synovial fluid lubrication, activate running kinetic chains and reinforce good technique. Join Ranell and learn how to effectively prepare your runners for PBs.



302 – Shoulder Injury Prevention Program (WS) by Nick Tumminello

The Shoulder Health 10 (SH10) is an injury prevention program that involves the top 10 supplementary exercises that address the three most significant causes of preventable shoulder problems: Decreased strength, increased fatigue and lack of mobility. Learn how to do the SH10, which provides you with a simple, organized and concise sequence of exercises that ensures you exercise all of the movements and muscles necessary for optimizing shoulder health. The SH10 can be done anywhere in less than 15 minutes and be easily integrated into your current programming.

303 – House Dance Step (WS) by Sasha Oshkin

Join Sasha for an unforgettable combination of step and house dance! Take your step sessions to a new level. Sasha will lead you through base and streamlined steps that will delight you and your clients/students: combine music, dance and step in one delightful session!

304 – Yoga Lean (WS) by Beth Shaw

Use the seven steps of Yoga Lean to develop Lean Consciousness, a state of being where all the decisions we make bring us to a more balanced, centred, and healthy place. Learn how to listen to the needs of the body so that we feel the difference between optimal health and a life that's unhealthy. Change your relationship with your body, eating habits, your stuff - anything that weighs you down and prevents you from being your best self!

305 – Preventing Lower Back Pain (WS) by Sue Falsone

Back pain is one of the most common reasons people stop working, and why they stop working out! In this session, learn how to keep your clients moving while protecting their low back from undue stress, strain and pain!

306 – Yoga for Marathon/Ultra Runners (WS) by Yuttana Poncharoen

This class will apply the yoga techniques that you can use with total body stretching after a long run, such as a Marathon and Ultra Marathon running. To release stiffness from the muscles and return the body and mind to balancing again. All techniques come from Jimmy's direct experiences. Jimmy is a full-time yoga teacher/yoga master trainer; however, Jimmy has a hobby he enjoys Ultra Marathon running. Jimmy ran a full marathon almost every weekend and finished an Ultra Marathon that was 100Km. In addition, he has run 100miles more than 10 times. To return his body back to balance he always uses yoga techniques.

307 – Top 15 Fat Loss Methods (L) by Benjamin Siong

FAT-LOSS is the biggest and most coveted concept in the fitness world. It represents a rapidly growing multi-billion-dollar industry with an emphasis on looking and feeling better physically, as well as projecting a sense of emotional confidence and success.

From diets and supplements to machines, clothing apparel and even mindset strategies, marketers promote their products in the name of fat-loss. Yet, when push



comes to shove, how many of these helps to lose fat? This lecture will sieve out the non-scientific claims and biases, presenting 15 scientifically applicable strategies that will objectively help accelerate fat loss.

308 – 7 Steps to the Best Virtual Experience (L) *by Noel Chelliah*

This session will provide a step-by-step system for delivering a top-level virtual class experience every time as your clients come together. From freelance trainers streaming from home to trainers streaming from your clubs, learn what to do before a class, from start to finish, how to keep your workouts exciting online, keep clients engaged, and keep them coming back for more of your classes. You'll leave with actionable tools to improve your online classes and grow your online community.

309 – Base Bootcamp (WO) *by the BASE Team* ***Sponsored by BASE***

BASE, voted 'Asia's Gym of the Year' and ClassPass's 'Bangkok's Best Studio' throws a bodyweight and minimal equipment bootcamp workout that showcases their award-winning strength and cardio concept. You can expect a fun and full training session, scaled for all levels.

09:45AM - 11:00AM

311 – Exercise Gamification (WS) *by Peter Twist*

There's no better combination than striving with smiling, and the grunting and laughing we'll experience together gamifying exercise. Following my rule of "Purpose not Circus", discover how to increase real results while making training sessions more engaging and FUN! Using techniques that make video games positively addictive, Coach Twist teaches how to get the brain more focussed as it receives the hard work of physical training as PLAY and a fascinating puzzle the body and brain must solve. This not only keeps your clients coming back for more, it also improves HOW they move, leading to an active healthy lifestyle!

312 – Clusters: Pre-plan Challenging Circuits (WS) *by Rick Richey* ***Sponsored by NASM®***

This workshop provides numerous series of exercise CLUSTERS designed to optimize and challenge clients during movement preparation and exercise implementation. These CLUSTERS allow for smart programming and seamless transitions from one group of exercises to another making programming easy. At the end of the workshop, you will have a list of exercise CLUSTERS and the experience of going through them and will understand the significance of why they are great exercises to be done together. Learn to put some reps in with exercise CLUSTERS focusing on specific, challenging, and detailed outcomes for the core, balance, plyometrics, stability, endurance, and movement preparation.

313 – Group Fitness Beyond the Beat (WS/L) *by Vanessa Leone and Emma Masters*

Music plays a pivotal part in guaranteeing excellent exercise experience, but music



isn't purely counting to 8 and creating choreography. Music has a pivotal effect on our emotions, our mental wellbeing, and our level of physical exertion. It can affect how hard we perceive the workout to be as well as create more unity within our classes. Learning to use music to immerse our members into an experience not just a class, is what packs out studios and keeps them coming back for more. Join Emma & Vanessa in this enlightening lecture and practical examples, as they explore what music is and does "beyond the beat".

314 – Training Outside the Box (WS) *by Helen Vanderburg*

The pandemic has forever changed the fitness landscape and more than ever before our clients and potential new participants have invested in home equipment to maintain their fitness routine. However, equipment without programming and accountability will collect dust! In this workshop we will discuss how to bring your expertise to the home fitness participant and how to create fun, creative and effective workouts using bikes, treadmills, rower, weights, resistance bands and more! Learn how to program for clients to engage with you. This is an ideal workshop for one on one, small group training via the internet and in-person.

315 – Beat the Most Common Types of Shoulder Pain (WS) *by Ulrik Larsen*

Learn everything you need to know about glenohumeral dysfunction relating to poor scapular control. Learn from Ulrik how to assess for and, working with an allied health professional (doctor, physiotherapist or exercise physiologist) correct underlying muscular imbalances, thereby reducing shoulder pain effectively. Your clients will love you for helping with their shoulder pain and be back on track for fitness before you know it.

316 – Latest in Training Pregnant Clients (WS) *by Claire Norgate*

Overview the latest programming advice for exercise during pregnancy, including resistance training modifications, cardio recommendations, and flexibility needs. Overview the hormonal and postural changes that occur during the childbearing year and revise the most common training problems. Apply this knowledge to safely program the pregnant client or provide modifications to suit your pregnant class participant.

317 – Hormones, Health and Body Composition (L) *by Cameron McDonald*

Sponsored by PHA

Did you know that calories, protein, and carbohydrates don't actually change your body composition? The whole fitness industry is worrying about the wrong thing. Hormones are the main drivers of health, body composition and disease and often work despite your best diet and exercise efforts. After this session you will finally discover the key to helping every client achieve their results by understanding these critical principles.

This session will change your understanding of what and when people eat, what and when people exercise, mental and social influences, and how all of these things influence hormones, body comp & health.



318 – Heart and Science of Fitness Leadership (L) *by Jonathan Ross*

We rarely ask, “Does exercise make today better?” We know fitness improves future health outcomes...but most people don’t care as humans are motivated by immediate short-term rewards. Explore strategies to enhance the subjective experience of physical activity immediately for everyone you influence. Discover techniques that can be used when walking, during exercise, and in everyday life. With a population skewing older and more obese, future success will require strategies to successfully reach these ever-growing untapped markets by creating an immediate and positive shift in emotional state and a fresh perspective on fitness that will create unique positioning for your career.

319 – MMA GX (WO) *by Nattapong Champachan*

MMA FET is a Fitness program combined from mixed martial arts types, where the battleship moved from cage to GX room, controlled by the beats of music that driven by a sequence of real techniques to give you fit results that you are looking for.

11:30AM - 12:45PM

321 – Sensory Stacking! A New Approach to Balance Training (WS) *by Emily Splichal* *Sponsored by Naboso®*

The seemingly simple task of balancing on one leg or walking across the room is actually a complex, integrated, multi-sensory experience with stimulation coming from the eyes, ears, joints, and plantar foot. Join Dr Emily to experience sensory stacked exercises that will improve body perception, balance and movement for all clients.

322– Your Core: Where Science Meets Fiction (WS) *by Leslee Bender*

You will walk away from this session with many specific strategies and techniques to train the active aging client for better realignment and functionality. Give your client purposeful individualized programming that fits their activities and keeps them injury- and pain-free. Learn to challenge the vestibular system for better balance and coordination that is crucial for the active ageing client. You will be able to coach, cue and connect with them on a new level of understanding that is necessary for this generation.

323 – THE Chair Dance Class (WS) *by Tony Stone*

Okay everyone, get yourself ready for this one. For the very first time ever in this region I will teach a chair choreographed dance class at a large-scale event usually reserved for dance studio locations. AFC is allowing me to bring this special kind of dance class workout to you all. I’ll bring the choreography and music, AFC will bring the chairs and you bring the heat. YOU DO NOT WANT TO MISS IT!!

324 – Yoga to Relieve Anxiety and Depression (WS) *by Beth Shaw*



According to the World Health Organization (WHO), major depressive disorder is estimated to affect 350 million individuals worldwide and disproportionately affects women. Anxiety and trauma-related disorders are some of the most common mental health problems worldwide and are generally occur more in women than in men. Join Beth Shaw to learn how yoga and mind body techniques alleviate anxiety and depression, experience breathing techniques to elevate mood, differentiate styles of yoga for both anxiety and depression, discover meditation as an important part of managing mood imbalances, and create a program that works for you and your clients in these challenging times.

325 – Elbow Pain in the Gym (WS) *by David Liow*

Elbows are great...until they're not. Elbow pain is notoriously misunderstood and poorly treated. If you can't hold a weight in your hand, your choice of exercises is dramatically reduced. Tennis elbow and golfer's elbows is almost as common in gym goers as it is in athletes. Learn simple techniques and exercise modifications to help problem elbows recover.

326 – Functional Ageing (WS) *by Helen Vanderburg*

Ageing is inevitable but how we age is a choice. By the year 2030, it is predicted that 20-25% of the total population will be over the age of 65. With the continued growth in this demographic, trainers need to understand the importance of functional exercise programming to meet the needs of these clients. In this workshop, you will learn common concerns, corrective exercises, and programming for the aging client. Come away with a variety of take-home technique to work with your active agers.

327–Workout Myths- Why You Have Plateaued (L) *by Benjamin Siong*

Have you hit a plateau and stopped seeing progress? It's frustrating when you've invested time, money and sweat into your workouts but are not getting the results you want. Rather than overloading your body further with sets and reps, have you considered that your current regime may actually be the limiting factor holding you back? Do your workout habits hold any real benefits or are they, in fact, counterproductive? This seminar will delve into some common workout myths, providing clarity on these misconceptions. It will also provide practical, yet effective solutions to accelerate progress and give you the results you desire.

328 – Fitness Studio Start-up in Today's Challenging Environment (Panel) *by CJ Lee, Glen Ang and Jack Thomas*

Thinking of starting your own studio? Not sure what to expect in a studio business? Join this panel discussion with 3 successful studio founders and managers. They will discuss how you can start a fitness studio without bootstrapping and how you can avoid costly mistakes that many studio owners make. You will get vital insights into studio start-up and ownership, which is to scale your impact, income and influence. Join Jack and his panel and learn to build an enjoyable, sustainable and profitable studio in today's new reality.

329 – Zumba® Class Full of Joy (WO) *by Marina Subhananta*



Sponsored by ZUMBA®

Effective workout yet fun movement during an entire session with Latin vibes and international music hits.

1:30PM - 2:45PM

331– Integrated Strength Coordination Training (WS) *by Ranell Hobson*

Building physicality in isolation – a large portion of what we would traditionally do in the gym as strength coaches, may be seen as part practice or a reductionist approach to training. In this workshop, we will value athletic movements over traditional lifting movements, we will seek a close connection between strength, stability and co-ordination for high performing clients that transfer into the sporting environment. This workshop is jam packed with practical exercises and concepts that you can apply in your very next session.

332 – Sneaky Intensity (WS) *by Jonathan Ross*

Perception is everything. When you think something is fun, it does not feel as hard. And if something feels hard, it is often not fun. When in a play state, people will work harder automatically which means you do not have to push them as much! Get a workout that helps you discover endless options for inserting competitive, reactive, and interactive elements into your one-on-one sessions, small group training, and group exercise. The result is a subjectively more enjoyable yet objectively more challenging experience that doesn't feel like it!

333 – Creating an Inclusive Group EX Culture (WS) *by Emma Masters*

The number one rule to teaching group fitness? Make sure your members FEEL SUCCESSFUL. However, time and time again we use language, create programming, and cultivate communities that promote exclusivity and an environment that divides not unifies.

Join Emma as she explores cueing techniques, builds language libraries, and provides powerful programming rules, that ensures you are not teaching with a one size fits all approach, but instead creating ultimate member retention through inclusive coaching that makes your members feel good; inside and out!

334– Wellness Beats – A Mind-Body Journey (WS) *by Carrie Ekins*

Drums Alive® Wellness Beats is a research-based, interactive program that introduces inspiring music, powerful rhythms, percussive beats, and expressive movements to take you on a creative, physically rewarding, emotionally satisfying, psychologically stimulating brain and body journey to wellness. This experience is designed to release neurotransmitters such as serotonin, dopamine and oxytocin that will uplift moods, relieve stress, and provide increased energy and uplifting benefits to physical, emotional and mental fitness that will unify your mind, body, and spirit while creating balance and harmony for you and for those you teach.

335 – The Scapula: The Key to Shoulder Health (WS) *by Sue Falsone*



Join Sue in this session and learn the key to shoulder health: the scapulothoracic joint. Exercises to improve the stability and controlled mobility of this key joint will be demonstrated along with thoracic spine mobility and rotator cuff exercises. Leave this session with all you need to know for healthy shoulders in your clients.

336 – Exercise and Type 2 Diabetes (L) by Rick Richey

Sponsored by NASM®

Lifestyle factors play a huge role in the prevention and treatment of Type 2 Diabetes (T2D)– but how does exercise help? What type and “dose” of exercise is the best? Explore the role of exercise, how it works, and why fitness professionals should be on the front lines and headlines of prevention and management of T2D. After this session, you will know how exercise helps those that are insulin resistant, which exercise best serve your insulin resistant clients, ID the exercise dose for T2D and how to become a corner piece of your clients’ T2D management team.

337 – Mental Health Improving it in Scope (L) by Cameron McDonald

Sponsored by PHA

Individuals with mental stress and disease need your help. You don't need to be a psychologist or counsellor to make a very positive difference in a person's life. Just by staying in scope and focussing on 3 very basic principles, you can dramatically improve an individual’s physiological stress which in turn supports the leading types of mental disease, depression and anxiety. Couple this with some basic but powerful principles of how mental stress and diseases are driven, you will walk out of this session with tangible strategies to implement on yourself and clients immediately.

338 – Resiliency and Adaptability (L) by Peter Twist

A mindset for 2022! In life and career, disruption and difficulty define our most recent years, navigating disruptions from the pandemic. The ability to persevere and manage change or loss are SKILLS needed our entire lifespan. Learn key mindset methods and actionable strategies that help ease your path and how to find the gems we can gain during tough times. In every difficulty lays opportunity - let this session be a springboard for you as Coach Twist shares success formulas for when you must overcome, shift, comeback or build a new path.

339 – Ignite Your Burn (WO) by Jonathan Goh

IGNITE YOUR BURN - A new group fitness conditioning program combining 4 science and research-based fitness protocols,- Peripheral Heart Action Training- HIIT- Active Recovery- Heart Rate Zones Training that burns up to 660 calories under 45mins! Let's work out together with specially curated original DJ music mixes for an exciting, effective, and empowering workout!

3:15PM – 4:30PM

341– Breath as a Driver to Stability Balance Training (WS) by Emily Splichal

Sponsored by Naboso®



Due to the unique connection between the diaphragm and pelvic floor, the way we breath can greatly influence our pelvis stability. Join Human Movement Specialist Dr Emily as she explores how to optimize breath to pelvis connections and then apply it to client programming. Take the concept of breath to the next level by connecting the diaphragm all the way down to the feet.

342– The New Rules of Rotational Training (WS) by Nick Tumminello

Should you do dynamic rotational exercises, anti-rotation exercises, both or neither? Learn what everyone gets wrong about rotational training that leaves gains on the table. Master the missing exercises for rotational performance and injury prevention, along with exactly how to safely build powerful rotational strength. Walk away with simple movement assessments and new exercises you can immediately use!

343 – Gagga vs. Madonna (WS) by Anastasia Alexandridi

This is commercial style dance class designed for a general level. Cool music makes your body move and your soul be happy. Bring your energy over to my dance where there is never a shortage of fun and the cardio is force

344 – Vertical Pilates Small Apparatus (WS) by Leslee Bender

Take your Pilates class to a new level of fun and functionality with small equipment. Join Leslee and learn to transform your mat class into a meaningful training experience where the exercises become vertical with a purpose. You will experience a progressive approach that translates to all activities. Explore the planes of motion and the influence of gravity on the body to leave you lengthened, strengthened and strong!

345 – Functional vs. Sports Training (WS) by David Liow

The term "functional training" is a catch phrase you'll hear at fitness conferences and gyms all around the world. Functional training usually involves exercising on your feet, often with a stability challenge. Strength and conditioning trainers for sport have a very different opinion of what is "functional" for sports performance. Dave has trained a wide range of world-class athletes and will explore the differences in these approaches. Science meets practice in this session. Learn different criteria to choose exercises that are functional for sports performance.

346– Strength Training for Woman (WS) by Claire Norgate

Are women just mini men who need the same program styles as men? Join Claire and find out why not. This session will explore how the female skeleton needs special training considerations. This affects both warm up and conditioning techniques. Also, we will examine what difference 30% less muscle mass than men means to programming progressions and range of movement in resistance training. Several effective programs from beginner to advanced will also be provided with specific warm-up routines and 'prehab' recommendations provided.

347 – Using Fitness Technology to Maximise Results (L) by Cameron McDonald **Sponsored by PHA**



Fitness technology has seen rapid evolution over years and the pandemic has accelerated adoption from the everyday gym goer. It is now more important than ever that PT's understand what is available to them in the health and fitness technology space, so that they can have informed conversations with their clients, effectively analyse data that is presented to them and leverage technology to improve results, clients care and future proof their fitness business.

348 – Don't Solve Problems: Seek Solutions (L) by Angie Miller

Sponsored by NASM®

As fitness professionals, we are eager to tell our clients what to do to accomplish their goals. But what if there's a better way? What if we shift the focus from the problem (what's wrong) to the solution (what's possible) and empower clients with the motivation to make positive change that impacts their lives and the lives of those around them. Come to this workshop to learn about motivation, what influences it, and obstacles that get in the way. You'll walk away with behavior modification tools and motivational interviewing strategies to help your clients reach new heights

349 – Brain Body Bootcamp (WO) by Alvin Netto

Neurogenesis is the ability to create new brain cells. With the help of a little gravity, we explore multidirectional bodyweight movements and creative brain exercises. Walk away with ideas to help your classes and clients get stronger and smarter with this functional routine that improves balance, coordination, power and mental acuity.

4:30PM – 5:00PM

349 –Closing Ceremony by the AFC TEAM

Before rushing home, come to this session and relive some of the fabulous moments of the weekend, enjoy one last chance to get involved with the greatest group of fitness professionals in all of Asia and get a sneak preview of what AFC 2023 will bring you...not to mention the photo opportunities! Remember to bring any medal you may have received during the conference!