



MOTIVATE. EMPOWER. CHANGE.

20 – 22 APRIL 2018 / ICC, SYDNEY



HOW TO READ THE PROGRAM

This is the session code
A = Friday, B = Saturday,
C = Sunday
The number indicates the time
period of the day. The last
letter indicates the strand.

Look out for the grey bars,
they are breaks between
sessions. These are great
times to visit
The Fitness Show

The type of session
(for example, Lecture,
Plenary, and so on).

Strand	Business
8am - 9.15am	A1A: Building a fierce people culture Emma Barry LP
9.15am - 9.30am BREAK	
Strand	Business
12.30pm - 2pm	A2C: How to use email effectively Andy Fossett L <i>Sponsored by GMB Fitness</i>

- The strand
- The name of the session
- The session presenter
- Session sponsor

- STRANDS**
- Business
 - Personal Training
 - Strength & Conditioning
 - Group Fitness & Training
 - Mind Body
 - Nutrition & Fat Loss
 - Ignite Yoga
 - Specialty
 - Regeneration & Recover

Strand	Business	Business	Nutrition	S&C	PT	PT	Group	PT	Group	Ignite Yoga
8am – 9.15am	A1A: Building A Culture Of Fierce People Emma Barry L P	A1B: Scaling Up For Long-Term Success Andrew Simmons L P <i>Sponsored by Vision Personal Training</i>	A1C: When Less Is More Paul Taylor L P	A1D: Training The Five Types Of Fitness Clients Nick Tumminello L P	A1E: The Ultimate Guide To Pre And Post-Natal Exercise Claire Norgate IL P	A1F: TD's WOW Workout Experience Todd Durkin PMC P	A1G: Bodyweight Bootcamp Mindy Mylrea PWS P	A1H: Unbreakable Rules Of Coaching: Less Lip Service, More Results Dr Cam McDonald L P	A1I: Stages® Cycling: The Power Of The Dark Side: The Director's Cut Javier Santin PMC P C <i>Sponsored by Stages® Cycling</i>	A1J: Beyond Pranayama – Integrating Breathing Techniques Into Asana Practice Nikola Ellis PMC P

9.15am – 9.30am BREAK

9.30am – 11am **KEYNOTE ADDRESS**
Victim Or Navigator: The Power Of Perspective • Michael Crossland

11am – 12.30pm BREAK / FITNESS SHOW TIME

Strand	Business	Business	Business	PT	Nutrition	S&C	PT	PT	Group	Group	PT	Ignite Yoga	Mind Body	Group
12.30pm – 2pm	12:30pm – 6pm A2A: The Business Of Fitness Thomas Plummer L SS	A2B: Online Marketing Essentials For Your Fitness Business Richard Toutounji L	A2C: How To Use Email Effectively Andy Fossett L <i>Sponsored by GMB Fitness</i>	A2D: The Ground To Stand Workout Jan Hutnan PWS <i>Sponsored by Institute Of Motion</i>	A2E: The Many Facets Of Fat Loss Teresa Boyce L	A2F: 10 Practical Programming Strategies For Minimising Training-Related Injury Nick Tumminello L	A2G: Brain Fit For 50+ Laraine Dunn IL	A2H: High Intensity TRX Training Evolved Marin Lazic PWS	A2I: Crazy Core And So Much More! Mindy Mylrea PWS	A2J: INSUR3NT Greg Sellar PWS <i>Sponsored by BlueSL</i>	A2K: Busting Barriers To Change - The Real Starting Point Fiona Cosgrove L	A2L: Yoga For Athletes Julie Smerdon PMC	A2M: YogaLean Beth Shaw PWS <i>Sponsored by YogaFit</i>	A2N: ICG Connect James Lamb & Lynsey Fraser PMC C

2pm – 2.45pm BREAK

Strand	Business	Business	Business	S&C	Nutrition	PT	PT	PT	Group	Group	Speciality	Group	Ignite Yoga	Mind Body	Group
2.45pm – 4pm	12:30pm – 6pm A2A: The Business Of Fitness Thomas Plummer L SS	A3A: Small Group Training - Business Planning For Club Managers & Owners Jamie Hayes L <i>Sponsored by TRIBE Team Training</i>	A3B: Do Staff Make Or Break A Fitness Business? – Debate Georgia Van Tiel L <i>Sponsored by YPC</i>	A3C: Chasing Chinups: Working With Females On The Ultimate Upper Body Goal Susy Natal PMC	A3D: Food As Medicine For Sports Performance And Recovery Kira Sutherland L	A3E: Simulated Altitude Training - Merging Science And Function Into Practical Applications For Body Composition & Performance Prof Chris McLelland L <i>Sponsored by Phase 4 Nutrition</i>	A3F: Mum's Shape Up Lisa Westlake IL	A3G: Advanced TRX Programming: Putting It All Together Andrew 'Chaddy' Chadwick PWS <i>Sponsored by TRX</i>	A3H: Bending Over Backwards: The Pursuit Of Spinal Extension Alisha Smith PWS <i>Sponsored by Integral – The Aerial Arts Group</i>	A3I: 100% Step HIITs Kirsty Nield PMC	A3J: Eat To Your Gut's Content Dr Helena Popovic L	A3K: Stages® Cycling: Stage Masters (Your Class is a Theatre, your Bike is the Stage) Emma Masters & Javier Santin PMC C <i>Sponsored by Stages® Cycling</i>	A3L: Therapeutic Yoga Practices For Chronic Pain: Part 1 Kristy Manuel PMC <i>Sponsored by YogaFit</i>	A3M: Take Your Squat To The Next Level Joanne Bezzina PWS <i>Sponsored by Polestar Pilates</i>	A3N: MyRide VX Group James Lamb & Lynsey Fraser PMC C

4 – 4.30pm BREAK

Strand	Business	Business	S&C	Nutrition	PT	Speciality	Group	Regen & recovery	Group	Speciality	Group	Mind Body	Ignite Yoga
4.30pm – 6pm	12:30pm – 6pm A2A: The Business Of Fitness Thomas Plummer L SS	A4A: Building Better Teams Greg Sellar L	A4B: Smarter Single Training Nick Tumminello PMC	A4C: Ketogenic Diet – Weight Loss, Hypertrophy & Potential Pitfalls Marc Bubbs L	A4D: Strong In Body, Mind & Spirit: Effective Strength Training For Women Nardia Norman L	A4E: 7 Physio Tips To Keep Your Clients Injury Free Adam Floyd IL	A4F: Extreme Exercise Makeover Mindy Mylrea PWS	A4G: The Science Of Myofascial Release: Can It Be Replicated with a foam roller? Andrew 'Chaddy' Chadwick PWS <i>Sponsored by Personal Training Academy</i>	A4H: Barre Beats Renee Scott PMC	A4I: Getting Results For Endomorphs: Genetics, Mindset & Rapport Dr Cam McDonald L	A4J: Stages® Cycling: Power vs Rhythm – The Debate Is On! Emma Masters & Javier Santin C <i>Sponsored by Stages® Cycling</i>	A4K: YogaFit: Meditation, Mindfulness & Movement Beth Shaw PMC <i>Sponsored by YogaFit</i>	A4L: Therapeutic Yoga Practices For Chronic Pain: Part 2 Kristy Manuel PMC

6pm DELEGATE DRINKS

STRANDS: Business Personal Training Strength & Conditioning Group Fitness & Training Mind Body Nutrition & Fat Loss Ignite Yoga Speciality Regeneration & Recover

SESSION TYPES: L – Lecture, PWS – Practical Workshop, IL – Interactive Lecture, PMC – Practical Master Class, P – Plenary, SS – Super Session, C – Cycling



Strand	Business	Business	Business	S&C	Nutrition	PT	PT	PT	PT	Specialty	Group	Nutrition	Group	PT	Ignite Yoga	Mind Body
8.30am – 10am	B1A: How To Take Your Offline Business Online Andy Fosselt <i>L</i> <i>Sponsored by GMB Fitness</i>	B1B: Create Relationships Beyond Memberships Andrew Taylor <i>L</i>	8 – 10am Business Breakfast	B1C: From Agile To Starting: Exercise Strategies To Develop Different Types Of Strength Michol Dalcourt <i>PMC</i>	B1D: Psychology To Create Eating Habits That Last & Triple Your Retention Rates Glenn Mackintosh <i>L</i>	8 – 10am PT Breakfast Todd Durkin, Mike Fitch & Claire Norgate	B1E: Using Extreme Environmental Stress Interventions For Optimum Results David Norman & Leo Young <i>IL</i> <i>Sponsored by Synergy Fitness</i>	B1F: Building Better Strength For Dynamic Movement Ryan Hurst <i>PWS</i>	B1G: Kettlebell Get Up Freyja Spence <i>PMC</i> <i>Sponsored by DTS</i>	B1H: Fit Camp For Kids Mindy Mylrea <i>PWS</i>	B1I: Achieving Instructor Excellence Michelle Dean <i>PMC</i>	B1J: How To Modify Your Exercise And Diet Strategies For Obesity-Related Co-Morbidities Dr Marlene Tham <i>L</i>	B1K: Stages® Cycling: Triple Threat Mindset - The Final Chapter Emma Masters <i>PMC C</i> <i>Sponsored by Stages® Cycling</i>	B1L: A Functional Approach To Core Training Dan Henderson & Tarek Chouja <i>Sponsored by Functional Training Institute</i>	B1M: Diaphragm Tune Up: Diaphragm Dynamics For Performance And Down-Regulation Jill Miller <i>PWS</i>	B1N: YogaFit: Arise & Shine Beth Shaw <i>PMC</i> <i>Sponsored by YogaFit</i>

10am – 10.30am BREAK

Strand	Business	Business	Business	PT	Nutrition	S&C	PT	PT	PT	Group	Group	Nutrition	PT	Ignite Yoga	Mind Body
10.30am – 12pm	B2A: Strategy + Execution = Win. Management Tools For High Performance Business Growth Emmett Williams <i>L</i>	B2B: Leadership Strategies To Attract & Retain Employees Justin Tamsett <i>L</i>	B2C: Social & Digital Marketing Update Lynsey Fraser <i>L</i> <i>Sponsored by FloSocial</i>	B2D: Kickboxing & Muay Thai For Fitness Hays Daewoud & Luke Del Vecchio <i>PWS</i> <i>Sponsored by Australian Combat & Exercise</i>	B2E: Fuelling For Fat Loss Amy Giannotti <i>L</i>	B2F: Functional Spectrum Strength Training Nick Tumminello <i>L</i>	B2G: Fit For Two – All You Need To Know For A Healthy Pregnancy Liz Dene <i>IL</i>	B2H: Think Outside The Box: Creativity For PTs Guillaume 'Gee' Tual <i>PMC</i>	B2I: TRX – Rotation Matters Marin Lasic <i>Sponsored by TRX</i>	B2J: Step Up Your Muscle Conditioning Marietta Mehanni <i>PMC</i>	B2K: Total Body Blitz Kirsty Nield <i>PMC</i>	B2L: Turning Our D- Into A C: Improving Our Weight Management Outcomes Glenn Mackintosh <i>L</i>	B2M: Battle Ropes Toolbox: Athletic Conditioning & Programming Matthew Boulous <i>Sponsored by Australian Institute of Fitness & Invictor</i>	10.30am – 2.45pm B2N: Yoga Class Sequencing For Teachers Nicole Walsh <i>PMC SS</i>	B2O: Restoring Balance: Yogas Effect On The Nervous System Kristy Manuel <i>PWS</i> <i>Sponsored by YogaFit</i>

12pm – 1.15pm BREAK

12pm – 2.45pm Women Of Influence Lunch

Strand	Business	Business	Business	PT	PT	PT	Regen & Recovery	PT	S&C	Group	Group	Nutrition	Group	PT	Ignite Yoga	Mind Body	Group
1.15pm – 2.45pm	B3A: Creative Lead Generation Strategies For Personal Trainers Operating In A Membership-Dominant Fitness Business Pete Gieson <i>L</i>	B3B: How To Digitise Your Sales To Make More Money! Steve Jensen <i>L</i> <i>Sponsored by Impact Training Corporation</i>	B3C: From Mice To Lions: Turning Your Personal Trainers Into A Sales Team Matthew Wright <i>L</i>	B3D: Mastering The Tuck Balance Mike Fitch <i>PMC</i>	B3E: Conflict Management & High Performance Nathan Quinn <i>L</i>	B3F: The Foot: Implications On Training, Posture & Movement Gary Ward <i>L</i>	B3G: Meditation For Fitness Kevin Janks & Ryan Hogan <i>IL</i> <i>Sponsored by Centred Meditation</i>	1.15pm – 4.30pm B3H: Recovery based strategies in program design Michol Dalcourt <i>PMC SS</i>	B3I: Joint-Friendly Strength Training Nick Tumminello <i>PMC</i>	B3J: Cardio, Strength & Stretch – The Total Trifecta Chelsea Gillies, Lauren Green Gerace, Kirsty Nield <i>PMC</i>	B3K: Booty Camp - The Best Buns & Legs Training On The Planet Mindy Mylrea <i>PWS</i>	B3L: Nutrition Strategies For Obesity Management Teresa Boyce <i>L</i>	B3M: Stages® Cycling: Stage Masters (Your Class is a Theatre, your Bike is the Stage) Emma Masters & Javier Santin <i>PMC C</i> <i>Sponsored by Stages® Cycling</i>	B3N: Unlocking Functional Potential With The Mace/Gada Jason Griggs	10.30am – 2.45pm B2N: Yoga Class Sequencing For Teachers Nicole Walsh <i>PMC SS</i>	B3O: Optimum Health Through Spinal Mobility & Core Strength Christopher & Marena Digby <i>PWS</i>	B3P: ICG® HEAT Indoor Cycle Training James Lamb <i>PMC C</i>

2.45pm – 3.15pm BREAK

Strand	Business	Business	Business	S&C	Nutrition	PT	PT	Group	Specialty	Specialty	Nutrition	PT	Ignite Yoga	Mind Body	Group
3.15pm – 4.30pm	B4A: Strategies For Fitness Business Success Chantal Brodrick <i>L</i>	B4B: Building, Growing & Inspiring A High Performance Team Dan Henderson <i>L</i> <i>Sponsored by Functional Training Institute</i>	B4C: The Ultimate System For Success Simon Bungate & Briana Harkness <i>L</i>	B4D: Core Tour: Embody Your Body Jill Miller <i>PWS</i>	B4E: The Reality Of Genetically-Specific Nutrition And Training Peta Carige <i>L</i> <i>Sponsored by Fitgenes</i>	B4F: Better Back Rows Nick Tumminello <i>L</i>	1.15pm – 4.30pm B3H: Recovery Based Strategies In Program Design Michol Dalcourt <i>PMC SS</i>	B4G: Tweak The Traditional Marietta Mehanni <i>PMC</i> <i>Sponsored by Continence Foundation</i>	B4H: Noisy Knees Made Simple: How You Can Help Your Clients With Patella Mal-Tracking Adam Floyd <i>PMC</i>	B4I: Animal Flow For Kids: The Power Of Play Alisha Smith <i>PWS</i> <i>Sponsored by Global Bodyweight Training</i>	B4J: The Emotional Factor Lisa Champion <i>L</i>	B4K: Outdoor Training For Athletic Performance Katrina Cochrane <i>PMC</i> <i>Sponsored by Australian Institute of Fitness</i>	3.15pm – 6.15pm B4L: Check Your Neck, Safe & Strong In Headstand & Shoulderstand: Part 1 Julie Smerdon <i>PMC SS</i>	B4M: The Art Of Progressions And Regressions – Pilates Style Stephanie Glickman <i>PMC</i>	B4N: Coach By Color James Lamb & Lynsey Fraser <i>PMC C</i>

4.30pm – 5pm BREAK

Strand	Business	Business	Nutrition	PT	PT	PT	Group	Nutrition	Group	Ignite Yoga	Mind Body
5pm – 6.15pm	B5A: How To Use Social Media To Fill Your Gym Thomas Plummer <i>L P</i>	B5B: New York & Los Angeles Trend Report Emma Barry <i>L P</i>	B5C: 7 Reasons Your Clients Thyroid Is Sluggish (And How To Fix It) Marc Bubbs <i>L P</i>	B5D: Shift Happens Paul Taylor <i>L P</i>	B5E: The Mechanics Of Lifting & Strength Training Michael Cunico & Mike Battaglia <i>IL P</i>	B5F: Tissue Taming For Animal Flow Jill Miller & Mike Fitch <i>PMC P</i>	B5G: Tabata Bootcamp™ – The Tabata Express Workout Mindy Mylrea <i>PWS P</i>	B5H: Supplement Use In Sport And Fitness: Controversial Or Conventional Stephen Bird <i>L P</i>	B5I: Stages® Cycling: The Power Of The Dork Side: The Director's Cut Javier Santin <i>PMC P C</i> <i>Sponsored by Stages® Cycling</i>	3.15pm – 6.15pm B4L: Check Your Neck, Safe & Strong In Headstand & Shoulderstand: Part 2 Julie Smerdon <i>PMC SS</i>	B5J: Older Bodies Need To Move Too! Pilates Mat For Osteoporosis Jeremy Hunt <i>PWS P</i> <i>Sponsored by Polestar Pilates</i>

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SESSION TYPES: L – Lecture, PWS – Practical Workshop, IL – Interactive Lecture, PMC – Practical Master Class, P – Plenary, SS – Super Session, C – Cycling

Strand	Business	Business	Business	PT	Regen & Recovery	S&C	Speciality	PT	PT	Group	Group	Speciality	Speciality	Ignite Yoga	Group	Group
8.30am – 10am	C1A: Get In The Game! Tips & Tricks For A Successful Small Group Training Program Matthew Wright L	C1B: Boomers & Beyond – Embrace The Opportunity Kristen Green L	C1C: Marketing that STANDS OUT FROM THE COMPETITION Steve Grant L <i>Sponsored by NOVOFIT</i>	C1D: Exercising For Two Lisa Westlake PWS	C1E: Sleep - Implications For Weight Loss & Athletic Performance Marc Bubbs L	8.30am – 12pm C1F: Strength & Power Development For Athletes Who Jump & Sprint Joseph Coyne PWS SS	C1G: The Ultimate Guide To Thoracic Mobility Lauren Turner IL	8.30am – 12pm C1H: Using Fascial Stretch Therapy™ To Improve Movement Freya Spence PMC SS <i>Sponsored by DTS</i>	C1I: TRX - Coaching Redefined Andrew 'Chaddy' Chadwick PWS <i>Sponsored by TRX</i>	C1J: Physical Autonomy: Building Total Confidence In Your Body Ryan Hurst PWS	C1K: Beat The Boutiques With Les Mills Barre Miriam Jaclyn Cohen & Les Mills Asia Pacific Presenter Team	C1L: Training Kids & Adolescents: What Can Go Wrong & How To Prevent It Adam Floyd L	8.30am – 12pm C1M: A Practical Movement Journey To Discover "What's Missing?" Gary Ward PWS SS	8.30am – 12pm C1N: Integrating The 5 Koshas – Can You Feel What You're Feeling? Nikola Ellis PMC SS	C1O: Stages® Cycling: Power vs Rhythm – The Debate Is On! Emma Masters & Javier Santin PMC C	C1P: Coach By Color James Lamb & Lynsey Fraser PMC C

10 – 10.30am BREAK

Strand	Business	Business	Business	S&C	S&C	PT	PT	PT	PT	Group	Speciality	Speciality	Ignite Yoga	Mind Body	Group	Group
10.30am – 12pm	C2A: Getting The Balance Right – Pt Management & Leadership For Retention & Results Dom Dos Remedios L <i>Sponsored by Personal Training Academy</i>	C2B: 7 figure fitness Ben Lucas L <i>Sponsored by Flow Athletic</i>	C2C: 25 Ways To Fill Your Fitness Business With New Clients You Love Working With Sean Greeley L <i>Sponsored by Net Profit Explosion</i>	C2D: The Ageless Athlete – Training The Masters Athlete Luke Del Vecchio L	8.30am – 12pm C1F: Strength & Power Development For Athletes Who Jump & Sprint Joseph Coyne PWS SS	C2E: Mummy Moves Claire Hozack IL	8.30am – 12pm C1H: Using Fascial Stretch Therapy To Improve Movement Freya Spence PMC SS <i>Sponsored by DTS</i>	C2F: Triggerpoint: Myofascial Compression Techniques For Injury Prevention & Better Movement Andrew 'Chaddy' Chadwick PMC <i>Sponsored by Personal Training Academy</i>	C2G: Triumphant Team Training Shaun Radford PMC <i>Sponsored by Australian Institute of Fitness</i>	C2H: Full Body Overload Marietta Mehani PMC <i>Sponsored by Gymstick Australia</i>	C2I: Too Soon? The Science & Genetics Of Chronobiology & The Timing Of Health Habits Dr Cam McDonald & Kyle Riley L	8.30am – 12pm C1M: A Practical Movement Journey To Discover "What's Missing?" Gary Ward PWS SS	8.30am – 12pm C1N: Integrating The 5 Koshas – Can You Feel What You're Feeling? Nikola Ellis PMC SS	C2J: Pilates – Strength Training Style Stephanie Glickman PMC	C2K: Stages® Cycling: Optimise Your Interval Training PMC C	C2L: ICC® HEAT Indoor Cycle Training James Lamb PMC C

12pm – 1pm BREAK

Strand	Business	Closing General Session	Nutrition	PT	PT	S&C	Group	Speciality	Speciality	Ignite Yoga	Mind Body
1pm – 2.15pm	C3A: The Very Things That Made You Good Are Keeping You From Being Great Thomas Plummer L	C3B: Strong – What it Takes to Win in Business & Life Todd Durkin L	C3C: 7 Reasons Your Clients Are Not Losing Weight (And How To Fix It) Mark Bubbs L	1pm – 4pm C3D: What's Missing? A Practical Journey Into The Motion Of The Foot Gary Ward PWS SS	C3E: Buns Of Steel Merrin Martin PMC	C3F: Advanced & Progressive Mechanics Of Lifting & Strength Training Michael Cunico PMC	C3G: Attract & Engage More Members To Your Club With Les Mills Virtual Scott Lambert	C3H: Wellbeing: A Biopsychosocial Approach Paul Taylor L	C3I: Neural Engagement Therapy & Training – Let My Body & Mind Speak! Victor Popov IL <i>Sponsored by Synergy Fitness</i>	1pm – 4pm C3J: Flex Your Yin-Sides Mel McLaughlin PMC SS	C3K: Challenge Your Matwork With A Chi-Ball Catherine Giannitto PMC

2.15pm – 2.45pm BREAK

Strand	Business	Business	Group	Nutrition	PT	PT	PT	Group	Regen & Recovery	Speciality	Ignite Yoga
2.45pm – 4pm	C4A: Innovations In Leadership: Loyal Teams Create Loyal Members Matthew Wright L	C4B: Differentiating Yourself In A Crowded Marketplace Andy Fossett L <i>Sponsored by GMB Fitness</i>	C4C: bodyART - Empowerment Through The Elements Marcus Irwin, Lisa Westlake, Lynley Gladdis & Andrea Gaze PWS <i>Sponsored by bodyART</i>	C4D: Fifty Shades Of Fat Dr Helena Popovic L	1pm – 4pm C3D: What's Missing? A Practical Journey Into The Motion Of The Foot Gary Ward PWS SS	C4E: Is It Really A Back Problem? Tools To Identify The Real Issue Thuy Bridges IL	C4F: Focused Flexibility Ryan Hurst PWS	C4G: Animal Flow Intervals For Group Training Mike Fitch PMC	C4H: The Science & Psychology Of Recovery Paul Taylor L	C4I: Successful Ageing: Science & Movement Training Michol Dalcourt PMC	1pm – 4pm C3J: Flex Your Yin-Sides Mel McLaughlin PMC SS

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