



* PERSONAL TRAINING



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B1B ✱ Testing, training and programs for the upper body

TONY BOUTAGY

Join Tony as he focuses on easy-to-learn structural balance tests for upper body and optimal training parameters, programs and overload techniques to fix deficiencies and optimise performance. Special emphasis is placed on the chin-up and its variations, plus you will learn how to get your clients performing 12 full-range chin-ups in 12 weeks. **L**

B1C ✱ Building financial freedom from personal training

ANDREW SIMMONS

In this fantastic session, Andrew shows you how to build a great business that can operate without you. Using his vast experience as a businessman and trainer, Andrew also provides you with the tools to put you ahead of the competition and turn you into a truly great business operator and leader of people. The session includes simple tips for attracting literally hundreds of clients. **L**

B2B ✱ The heart and soul of your PT session

NARDIA NORMAN

Explore the motivational and engagement techniques used by world class trainers, to put the heart and soul into a personal training session. Learn how to really connect with clients in a manner which will spur them on to greater levels of success. You are guaranteed to walk away with a tool kit of proven motivational strategies that you will be able to apply instantly. **L**

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Session codes: L – Lecture

B2C ✱ WOW yourself to success

ROWENA MCEVOY

Learn how to have a magnificent business and a magnificent life. Find out how to make your clients say WOW every time they come into contact with you and your business and get yourself a super successful, happy, WOW business and life. Come to this session and prepare to be WOW'd! **L**

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B2D ✱ Docs, jocks and medical rebates

MATT PATTI

Learn how to maximise your business in the world of doctors, exercise physiologists and Medicare rebates. In this information-packed session on attracting more clients to your business you will discover how to work smarter, not harder, when marketing your services to the allied industry. If you want a highly professional business and a bottom line to match, don't miss this session. **L**

B3B ✱ Strength training for children and youth

DAN MCDONOGH

There is no better time to begin a strength training program than during adolescence, a key period for musculoskeletal growth and development. At a time of increased participation in organised sports and recreational activities by adolescents, a proper program for strength training can result in a strong, functional and injury resistant adolescent. **L**

B3C ✱ Career options for personal trainers

ANDREW MAY

With the rapid growth of the health and fitness industry a multitude of career options have emerged for personal trainers. Join Andrew for a stimulating and potentially career changing session focusing on the skill sets needed to develop, market and manage business models for personal training, running a facility (studio or gym), corporate fitness, sports conditioning, injury prevention and rehabilitation, health/life coaching, corporate health and public speaking. **L**

PERSONAL TRAINING

B3D ★ Massage: A SMART way to recovery **NERISSA MORLEY**

If you are looking for that extra special tool to assist client recovery from exhausting training sessions, this is the session for you! Packed with user-friendly information and SMART hands-on techniques, this session will have you massaging your way to greater performance and larger profits. **IL**

B4B ★ Relieve fatigue by tuning into your body **MONICA LINFORD**

When the body's messages spell 'exhaustion' do you ignore or pay attention? Do you continue working and teaching through illness and injury? In Oriental medicine a slight ache or pain is the body already screaming for attention. Living and being in a balanced and healthy state of mind and body is the ultimate challenge for the health and fitness professional. Walking our talk is the Holy Grail of our industry! **L**

B4C ★ Effective client retention strategies **ALEX & SHERRI MCMILLAN**

Are you doing everything you can to retain your clients? Keeping your current clients is the key to continued success as a personal trainer and a continuous revenue stream. Learn the techniques that the best trainers in the industry use to service and nurture their regulars and retain them as on-going clients! **L**

C1B ★ Motivate your clients through results-based programs **BEN BUTLER**

Come and learn how to adapt and manipulate your programs to get the best results for your clients whether for strength, muscle gain, fat loss or general fitness. Design advanced programs that guarantee results and keep you clients motivated and inspired. A must attend session for those wanting results. **L**

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C1C ★ How to launch a successful speaking career **ANDREW MAY**

Have you ever thought about delivering a talk on stress management, fat loss, peak performance or any other health-related topic? Andrew gives you a template for designing and delivering quality presentations that will increase your business growth. Learn tricks of the trade to increase retention, engagement and pricing. Discover how to research, package and promote programs and walk away with the confidence to present to a wide range of audiences. **L**

C2B ★ Become a one-stop shop for your clients' health needs **LEANNE HAMMOND**

Learn how to add value to your personal training services by becoming the central coordinator of your clients' health needs. By developing inter-referral relationships with massage therapists, physiotherapists, doctors, dietitians and naturopaths your clients will become more loyal to your business, will be happy to pay you more and will refer you to more friends. You can no longer afford to limit yourself to personal training alone. **L**

C2C ★ Create a client base in 28 days **PAUL TIMMS**

Fast track your transition from personal trainer to *highly successful* personal trainer by using the secrets covered in this great information-packed resource. Save thousands of dollars by using the marketing and client generation strategies perfected by years of experience. **L**



PERSONAL TRAINING

C3B ★ Fit for two

LIZ DENE

Explore everything you need to know from pre-conception care through to optimal training each trimester. From this enlightening session you'll take home a thorough understanding of the latest research findings and how they relate to exercise and nutrition in pregnancy. If you train this special population, you can't afford to miss this session. **L**

C3C ★ Wellness coaching for fitness professionals

FIONA COSGROVE

This session introduces fitness professionals to the exciting field of wellness coaching. Whether you are interested in becoming a certified wellness coach or just want to learn more skills to help your clients achieve their goals, this session is a must! Fiona introduces a model whereby clients can define their wellness vision and move independently towards it with you assuming the role of partner, rather than expert teacher. **L**

C3D ★ Lies, damned lies – the truth about the supplement industry

PAUL TAYLOR

Paul reveals the steps which the \$16 billion supplement industry takes to sell its products, involving everything from misrepresenting research, inaccurate marketing, adding banned substances and incorrect product labelling, to outright lying to consumers and athletes. You will then learn the real science behind supplementation and take away practical advice to pass on to clients about how best to spend their money. **L**

C4B ★ Rapid recovery strategies

LEANNE HAMMOND

You will leave this seminar with a heightened understanding of how to help your clients recover more quickly between sessions. Learn about the latest sports nutrition principles, the role of sleep, active recovery strategies and hot/cold therapies. You will also discover what some of our top athletes are doing to optimise and monitor recovery. **L**

C4C ★ How to become the most successful personal trainer

KERRY MCEVOY

Join Kerry to learn how to become the most successful trainer and business in your market place, and have clients knocking down your door! Find out how to place your business, and yourself, in a different league. This session is for every trainer who wants to stand out and lead the market rather than follow it. **L**

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PLENARY

C5A ★ A bunch of 5s

PAUL WRIGHT

Paul pulls together over 20 years experience in the health, fitness and rehabilitation industries to deliver this eclectic session of ideas and experiences. He shares his thoughts on the best 5 exercises, the worst 5 exercises, the 5 best injury prediction tests, the 5 things a PT must do to avoid litigation and the 5 keys to successful weight training. He even shares the 5 funniest things he has seen in a gym, the 5 top business tips and 5 life tips – hey we said it would be eclectic! **L P**



Session codes: L – Lecture, IL – Interactive Lecture, P – Plenary

PERSONAL TRAINING PRACTICAL

B1A ★ The 3 'B' circuit – BOSU®, bars and balls

KAREN BALDWIN

Bring together all of the elements of fitness – cardio, strength, balance and flexibility – for the ultimate circuit workout! Using the BOSU® and a variety of balls and body bars, we add two other components, energy and fun, for lots of practical take-home value. **WS**

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fitness solutions

B2A ★ Functional abdominal and torso training

ALEX MCMILLAN

Is your abdominal exercise program effective? When designing an effective torso program a goal and purpose for training the area must be established – the exercises will then become obvious! Alex addresses guidelines for training the torso, outlines appropriate abdominal and back exercises and teaches a new repertoire of equipment-less movements to add functionality to your abdominal and torso training. **WS**

B3A ★ Strong and stable

LISA WESTLAKE

Get on the ball to condition your clients bodies inside and out. Add variety and benefit to classes or one-on-one programming using innovative exercises that unite strength, balance and core stability. Emphasis is on form, teaching cues, and identifying modifications and progressions to benefit clients of all levels while getting them stronger on the ball. **MC**

B4A ★ A physios guide to fitball for rehabilitation

PAUL WRIGHT

The fitball can be a great asset to any fitness, rehabilitation and sports conditioning program. Paul explains how the fitball is used by clinical physiotherapists to encourage mobility, flexibility and stability. Discover a wide range of exercise options, why and when to use certain movements, and useful injury prevention tips. Paul also provides a guide to the best ball exercises for lumbar, knee and shoulder problems, and lists the exercises to avoid. **WS**

C1A ★ Partner stretching

ALEX & SHERRI MCMILLAN

All of our clients agree that the stretching at the end of their session is the part they most enjoy. In fact, this nurturing and relaxation is the reason that many of them have stayed with us for so long. Let us teach you our techniques to help you relax and stretch your clients and send them away eagerly awaiting your next session. **WS**

C2A ★ BOSU® for PT and group exercise

DAN MCDONOGH

The BOSU balance trainer is a great tool for both the personal training and group exercise setting. Dan teaches you how to use it on both sides to combine many elements of fitness – cardiovascular, strength, endurance, power and flexibility – with weights, medicine balls and tubing to create great workouts which also improve client's dynamic balance and coordination. **WS**

C3A ★ Formidable fitball

KATHERINE TSEBELIS

Beyond the basics... and not for the faint-hearted! Challenge your clients with advanced fitball exercises that will test their mobility, flexibility, stability and control. Kath instructs each exercise in fine detail and provides appropriate modifications, progressions, objectives and outcomes – and makes it loads of fun! You will leave this amazing workshop with an impressive array of exercises to WOW your clients! **WS**

C4A ★ Gliding™ for personal trainers

ALEX & SHERRI MCMILLAN

Alex and Sherri introduce you to the concept of integrated muscle conditioning and give you over 30 new variations of exercises using the progressive new Gliding™ technique. You'll also learn how to progress these exercises from entry to advanced level and how to incorporate them into a traditional strength approach. Learning how to use this new Gliding™ technique will put you at the cutting edge of program design. **WS**

PERSONAL TRAINING OUTDOOR

B1G ★ Speed for sport

PAUL COLLINS

Learn how to improve running technique and develop Fast Feet® for sport. Paul takes you through a series of progressive drills for dynamic warm-ups, agility and speed using the latest speed training products and biomechanical drills. **OD**

B2G ★ High intensity interval training

PHOEBE LAHEY

High intensity interval training promotes fat loss and has greater muscle-building potential than moderate training, making it a popular technique with distance runners and sprinters. In this fun, practical session Phoebe reveals how to combine short and medium interval training techniques to improve clients' performance and burn fat in short training sessions. Push your clients to reach their maximum potential. **OD**

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B3G ★ Powerful plyometrics

PAUL COLLINS

Learn the fundamentals of applying powerful plyometrics to group fitness, outdoor classes and sporting teams. Paul takes you step-by-step through a series of drills used by Olympic athletes to improve performance in an outdoor environment. **OD**

B4G ★ Boot Camp – the secrets of instructional techniques

NATHAN SCHRAG

Enhance your Boot Camp instructional technique by learning command and control methods used by military Physical Training Instructors. Learn how to 'play games' safely, while ensuring the desired fitness outcomes, before putting it all into practice and being taught the fundamentals of military technique by one of the military's best. **OD**

C2G ★ Outdoor blitz for kids and crazy corporates

LISA WESTLAKE

Kids, families and corporates alike get out, get active and laugh all the way to the fitness bank with energetic games and fun-filled outdoor challenges. Age and rank are irrelevant – it's all about fun fitness. Join Lisa for loads of giggles and some fresh inspiration for your next kids or crazy corporate team-building session. **OD**

C3G ★ Medicine balls – the ultimate training tool

NATHAN SCHRAG

Nathan reveals how to use medicine balls to add intensity to your clients' basic training. From cardio-based activities to strength endurance, medicine balls are a tool that can take training to the next level. Nathan teaches functional movements and extreme exercises taken from the sporting and military fields. **OD**

C4G ★ Secret weapon – circuit style

PETER MANNING

Teaching you 'tried in the trenches' circuit training, Peter demonstrates unlimited combinations and moves that will tantalise even your most hardcore clients – you'll be amazed at what he fits into this session! Take home and implement the lessons you learn from this session and show your clients what you're really made of when you get back to camp! **OD**

