

DR LEN KRAVITZ

USA



Len is the assistant professor of exercise science at the University of New Mexico. A highly profiled author and presenter, in 1999 he was awarded International Presenter of the Year by Canadian Fitness Professionals, and Researcher of the Year by The University of Mississippi.

A2A Training for strength: nutrition for muscle

Explore the latest ground breaking research on strength training and nutrition to optimise muscular fitness training goals. This trail blazing information will add a new dimension to your exercise. **L**

A4H Weight management for women

This session is one of the most all inclusive reviews ever compiled, on understanding weight management for women. With the growing concerns for weight loss and management, you can't afford to miss this cutting-edge session. **L**

B3Q Self esteem and peak performance

Explore the factors that contribute to self confidence, self esteem, self image and peak performance. Examine the effects of self defeating thoughts and discuss behaviours and effective techniques for making positive lifestyle changes. **L**

B5A Muscle, strength and hypertrophy

Using interactive computer technology, you'll explore the intricate mechanisms involved in muscle contraction. You'll leave this cutting edge session with comprehensive knowledge about the muscle dynamics of strength and hypertrophy. **PL**

PLENARY

C5A Lactate threshold training: the newest type of cardio prescription

Discover a radical departure from conventional cardio prescription by exploring this scientifically developed and tested, ultra modern and easy to administer form of cardio prescription. **L**

LECTURES

A2C What makes a pain in the neck?

Anna-Louise Bouvier

NSW

If you have clients who suffer from headaches, tension, stress, poor posture, poor exercise techniques or incorrect activation, then your training program could be giving them a pain in the neck! Find out more about neck pain and how to alleviate, and avoid it in your training sessions. **L**

A3A Beyond theory: advanced cardio training

Rod Macdonald

CANADA

Take home a user friendly process to design cardio programs for beginners to advanced clients, and understand how to balance the cardio needs of athletes without jeopardising their sport specific training. **L**

A3C Getting to the core of stability training

Stuart Baptist

NSW

Don't miss the most user friendly and instructional summary of core stability that has ever been presented! Paul and the team from Get Active Physiotherapy break this complex subject down to leave you with very clear instructions on the what, when and where of stability training. **L**

A3F Creating mind-blowing customer service systems

Rowena McEvoy

QLD

This hard hitting, jaw dropping session will provide you with the tools to build that fool proof customer service system. Whether you own a big or small business, don't miss this opportunity to learn how to grow bigger, more quickly! **L**

A4A Movement analysis and exercise prescription for shoulder pain

Bryce Hastings

NEW ZEALAND

This session is vital for trainers with an interest in rehabilitation or injury prevention. You'll learn how to observe and analyse movement impairments of the shoulder, how to assess and manage the muscle imbalances that often cause pain and the best exercises to prescribe. **L**



A4C Shifts, drifts and pivots - bringing variety to function

Mark Davis

NSW

This inspiring session explores the use of asymmetrical movements, body pivots and momentum building translations in resistance training. You'll expand your functional programming repertoire and take home techniques that you can use with your clients instantly! **L**

B1A Harnessing hormones

Stephen Bird

NSW

Examine the relationship between the time of day that you train, circadian rhythms and hormonal responses to weight training. You'll explore Stephen's recently published research and take home an understanding about optimal training times to maximise the body's hormonal response. **L**



B1C PT breakfast: the totally awesome trainer

Rod Macdonald

CANADA

Be inspired by the secrets of top trainers and learn how to tap in to your own unlimited potential to be the best in your field. Forget the status quo – if you are willing to learn the strategies and put in the effort, then you can become a totally awesome trainer! **L**

‘The PT breakfast was sensational.’
Andrew Verdon, NSW

B1E Be the most knowledgeable PT in Australia, without going to university

Ben Butler

QLD

Luke Smith

QLD

Are you a personal trainer who is not totally and completely confident with your anatomy and physiology knowledge? Relearn with us, using accelerated learning techniques, and regain the confidence you need to successfully attract lucrative markets! **L**

B2A Movement analysis and exercise prescription for lower limb pain

Bryce Hastings

NEW ZEALAND

Don't miss this session if you have clients who suffer from lower limb pain. This dynamic lecture teaches you how to observe and assess movement impairments of the lower limb, as well as the exercises that are most effective for clients suffering from related conditions. **L**



B2C Where do bad backs come from?

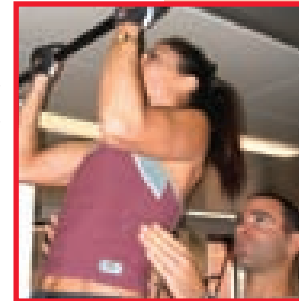
Dr Seamus Dalton

NSW

Anna-Louise Bouvier

NSW

Take home a framework to help you understand more about the mechanics and pathology behind back pain. You'll examine simple pathology, discuss when scans are useful, what interventions people are likely to have had and how medical practitioners view your role in the treatment process. You'll also take a practical look at how clients with back pain present, your limitations in the scenario and how to program effectively for different levels of challenge. **SS**



B3A More feats of strength - upper body exercises you've never tried before

Tony Boutagy

NSW

From this compelling session you'll take home 30 or more unique and effective upper body and torso exercises that athletes have used for decades to condition their bodies to look and perform at their maximum. **L**

B4A Seven ways to market your business for under \$7

Rowena McEvoy

QLD

This mind blowing session takes the hassle, expense and complexity out of marketing your business. Walk away with seven simple, easy to implement, guaranteed strategies to ensure new enquiries pour in, and your business grows without you having to invest a fortune in time or money! **L**

B4C What do knees need?

Dr Seamus Dalton

NSW

Have you ever wondered which knee conditions lead to surgery, why and what happens to them before and after? Explore four of the most common knee injuries and learn how they are graded, what treatment they are likely to require and what kind of rehab would be most appropriate. **L**

C1A Earn more dollars, pesos, and euros: fitness adventure travel for personal trainers

Gaye Elliott

CANADA

Getting paid to travel needn't be just a dream! For over 10 years, Gaye has been leading cycling, hiking, and skiing vacations to Europe, and aqua fitness in the Caribbean, to 'sold out' audiences. Find out how to plan, market and most importantly, enjoy, taking a group of adults on adventure tours. **L**

C1B Exploring the core need not be a bore

Katherine Tsebelis

VIC

This session provides you with a better understanding of the anatomy, biomechanics and interaction of the muscles constituting the 'inner unit'. Get the low down on the latest scientific findings to gain a comprehensive appreciation of the workings of this remarkable musculature. **IL**

C1F Nasty shoulder injuries and what happens to them

Dr Seamus Dalton

NSW

If you have ever had a client who is coming back from a dislocation, an AC injury or a rotator cuff tear, then don't miss this chance to get the low down on how the medicos think and plan a rehab routine, and where you can fit in. **L**

C2A Movement analysis and exercise prescription for lower back pain

Bryce Hastings

NEW ZEALAND

Another must-attend session for trainers interested in rehabilitation or injury prevention, this dynamic lecture teaches you how to assess movement impairments of the low back. You'll leave with simple assessment tools and recommended exercises to address the movement impairments. **L**



C2B The little black book of training secrets

Tony Boutagy

NSW

Share in the revelation of training secrets used by the world's most successful strength coaches. You'll explore overload techniques, training methods and programming ideas that

are typically unknown in the fitness industry, although used by the top coaches around the globe. **L**

OUTDOOR

A2R Easy-peazy outdoor circuits

Deslea Wrathall

NEW ZEALAND

Take home three different circuit structures using charts, cobwebs, lanes and pyramids to target aerobic, anaerobic, fat burning and muscle endurance conditioning. You'll also explore new ideas that are innovative, easy to implement and useful when working outdoors with limited equipment. **OD**



A3R Boot camp – high intensity for maximum results

Joanne Melbourne

NSW

Experience the high intensity, squad training program that is Fitness First's Boot Camp. For all fitness levels, this program challenges coordination and agility through neuromuscular conditioning under sub-maximal fatigue.

OD

Sponsored by *FitnessFirst*

A4R Challenging older adults in the outdoors

Deslea Wrathall

NEW ZEALAND

Stephanie McLennan

NEW ZEALAND

This practical session explores outdoor activities to challenge older adults' strength, coordination, confidence, balance and agility, while ensuring plenty of options for varying capabilities. You'll explore walking, group and paired activities, as well as programs using easy to obtain equipment. **OD**

B1P Pole walking = profitability

Joe Waide

QLD

This unique and effective session teaches you how to get people pole walking, either in groups or as individuals. Understand how pole walking can expand your client base and increase your repertoire of skills, enabling you to attract an additional and potentially untapped dimension of the population. **OD**

B2P Plyometrics: how to jump high and move fast

Paul Collins

NSW

From this highly explosive outdoor session, you'll learn the prerequisites and functional training progressions of low, medium and high level explosive plyometric drills, and the application to conventional training programs. **OD**



B3P Corporate health training – warm up for work

Sonja Barbour

QLD

Indulge in some outdoor games, training activities and fitness drills that you can use with your corporate groups. You'll take home team building ideas and strategies to energise a tired office. Whether you are new or established in corporate health training, this session provides maximum take home value. **OD**

B4P Speed, agility and quickness – a new method of personal training

Darren Burgess

NSW

This exciting training technique develops speed, agility, quickness and power through innovative equipment, specific programming, creative thinking and, most of all, fun! Personal trainers will discover how to apply this training to clients of all abilities for awesome results. **OD**

**'It just gets better every time I go!
Loved it and feel re-motivated!'**

Jacqueline Zonneveld, NSW

PRACTICAL PT SESSIONS

A2B Bands and balls

Lisa Westlake

VIC

Don't miss this chance to explore the unlimited exercise options using the instability of the fitball with the resistance and flexibility of band-based movements, to create an endless array of fabulously effective exercises for your clients and classes. **WS**

A3B Integrated flexibility

Peter Rouse

NSW

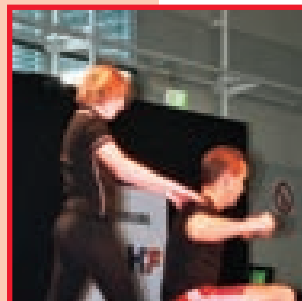
Explore the how, when and why of applying advanced flexibility techniques that include self-myofascial release, active isolated stretching and dynamic stretching. You'll take home a system for developing superior flexibility, enhancing performance and correcting muscular imbalances. **WS**

A4B Systemising your core stability training

Darren Stuchbery

NSW

From this highly practical session, you'll undertake core stability tests and develop a grading system that will allow you to grade each and every exercise used in your facility, to provide a framework for correct exercise selection for each and every client. **WS**

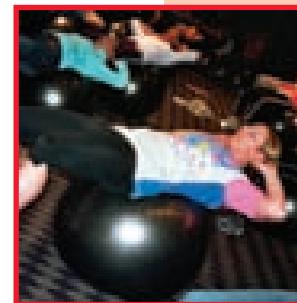


B1B F.U.N: Fitball Utilising Novelty

Katherine Tsebelis

VIC

Come along to this fantastic fitball class, where you are guaranteed to leave feeling challenged, yet energised with a grin on your face and sweat on your brow! Be warned – you will work hard but expect FUN to form the basis of this super class. **MC L1**



B3B Bones and balance

Lisa Westlake

VIC

Bone density is a major issue as time ticks on, so exercise, joint care, range of movement, balance and flexibility are all equally important. This inspiring practical session explores strength, balance and flexibility to assist in keeping older adults fit, youthful and injury-free. **WS**
Sponsored by



C1C Great expectations

Lisa Westlake

VIC

Learn how to identify the exercises and techniques that are suitable for women in the pre and post partum stages. From this awesome, scientifically designed session, you'll take home the skills to modify exercises for women with various aches, pains and other pregnancy related conditions. **WS**

C1P Posture management and trigger point releasing

Dr Michael Hubbard

NSW

Paul Collins

NSW

From this interactive workshop you'll learn how to assess posture and how to release muscular trigger points around the body to improve musculoskeletal functioning. **WS**

C2C Partner stretching for personal trainers

Rod Macdonald

CANADA

In this interactive session you'll discover how partner stretching can deliver faster results than the old standards, and you'll experience both the theoretical and practical aspects of partner stretching. This is a must attend session for personal trainers who want to deliver significant results to their clients. **WS**

C2P Balancing act

Lisa Champion

NSW

From this sensational workshop you'll understand how balance training can increase a person's stability, centeredness and power. You'll explore the critical role of brain connection in balance training, and take home a series of brilliant equipment free routines that you can add to your training toolbox. **WS**

SPORTS CONDITIONING

PETER TWIST, MSc BPE

CANADA



Peter is an exercise physiologist and has coached in the national hockey league for nine years. He is currently the head conditioning coach for the Vancouver Canucks and has published over 100 papers, authored four books and has trained over 700 professional athletes.

A2D Balance training for all populations

Explore practical drills and exercises to improve balance, skill execution and sports performance. You'll increase your toolbox of extreme balance exercises using a range of equipment, with ideas suitable for most populations, including personal training and rehab. **IL**

B2B BOSU sports conditioning

Discover how to train movement skills such as closed kinetic chain core strength, quickness, agility and power, to help clients transfer weight room strength to the playing field. Learn how to integrate BOSU training into sport conditioning to impact performance and functional fitness. **WS**

B4B Winning warm ups

Whether for pro or play use, this method activates the nervous system to prepare your clients to move! These drills are valuable exercises ideal for all clients, re-awakening their bodies to exercise. **WS**

C5B Building athleticism

Understand how to build youth athleticism, exploring Twist's paradigm for child training, through to his training technology for pro athletes. You'll explore sport-specific preparation, movement skills and athleticism, strength and power, demands of sport, and prescription of exercise. **WS**

A3D Technology and trends in sports conditioning

Jason Weber

NSW

Join the Wallabies' strength and conditioning coach, in an exhilarating session examining current trends in resistance training. You'll learn how to apply these trends to your own exercise programming, and explore how technology can be used to track your clients' strength gains or losses. **IL**

A4D Go further and faster in endurance sport

Allan Bolton

NSW

This awesome session explains the physiological logic behind periodised training, exploring the scientific rationale for the sequencing of different training types and the adaptations they cause. **L**

B1D Strength and stability training for champion swimmers

Annette Chatterton

SA

In this fantastic session you'll explore sport specificity, periodisation, tapering, stability, energy demands and motivation for different strokes and distances, as well as share in the experiences and training strategies used by Olympian, Melissa Morgan and para-swimmer, Christine Noble. **L**

B2D The need for speed

Mark McKean

QLD

In this compelling lecture you'll learn the proven methods for speed training that will make your clients faster. You'll understand how the speed-curve principle dictates the volume and the results you can achieve. This session is a must if you train athletes for speed or power-related sports. **L**



B3D Crawl before you walk – the importance of general physical preparation in athlete conditioning

Jason Weber

NSW

Join the Wallabies' strength and conditioning coach to learn about General Physical Preparation (GPP), as a method to prevent injury, and establish a base for clients training for specific events, and how you can apply it to your own client programming. **IL**

B4D Transferring postural control to sport

Mark McKean

QLD

This motivating session explores the application of dynamic postural control for athletes. You'll learn how to evaluate sports for their postural demands and prescribe postural patterning programs to suit the specific requirements of those sports. **IL**

C1D Exploring the effects of ageing

Chris Driver

VIC

David Miers

VIC

In this enlightening session you'll address the recent breakthroughs in the biochemistry of the ageing process that have potentially dramatic implications on exercise prescription and longevity for you and your clients. **L**

C2D The abbreviated periodised plan

Mark McKean

QLD

From this interactive session you'll take home strategies to develop effective periodised plans for your clients, that are simple to follow and adaptable to any sport. You'll explore simple progressions for speed, strength and endurance, and learn how to create simple outlines for weekly training blocks. **IL**



PT MASSAGE

A2Q Massaging more dollars into your business

Kerry McEvoy

QLD

Do you want to establish a profit centre in your health club, personal training studio or business? Today, massage is one of the fastest growing health and wellbeing industries. So why not take advantage of this growth? It could be bigger than the baby boom! **L**

A3Q Making sense of massage therapy

Vicki Tughtan

VIC

From this awesome, jam packed session you'll take away the low down on the many and varied forms of massage therapy. Discover when and where massage therapy is indicated and how your clients can benefit from regular massage. **L**

A4Q The Olympic experience – massage as an elite training aid

Brad Hiskins

NSW

Take a leaf out of Brad's Athens 2004 experience, and learn how to apply massage techniques to improve the performance of both your elite and recreational training clients, while watching their recovery times soar! **L**

B2S It's in your hands

Vicki Tughtan

VIC

Charles Tughtan

VIC

Think your legs might be feeling a little weary after all that FILEX activity? Come along to this super session and revive your muscles and your mind! Not only will you receive a luscious leg massage, you'll also take home the skills to perform a simple massage sequence. This session is a must for the wellbeing of you and your clients! **SS**

B4S An introduction to myofascial therapy

Francine St George

NSW

This practical session introduces you to myofascial therapy as an effective method to improve the length of muscles and ease post exercise muscle soreness. **WS**

C10 How massage can add WOW for your clients

Rowena McEvoy

QLD

From this dynamic session you'll learn how to use massage as a powerful customer service tool to guarantee that your clients feel sensational before, during and after every training session. There's no better way to leave them feeling fantastic about you and your business! **L**

C20 The club rub – mastering the five minute massage

Vicki Tughtan

VIC

Charles Tughtan

VIC

The 'club rub' is a systemised seated massage that takes just five minutes, and is the perfect complement to any training session. Not only will you experience the club rub,

but you'll walk away from this session with the skills to perform it with your own clients. **L**



'It is a convention like FILEX that gives you a new level of motivation to ensure you deliver the best possible service to your clients.'

Lisa Mills, NSW

A2S Zen of leadership and life**Rod Macdonald****CANADA**

Using the concepts of mindfulness and other principle centred strategies, you'll discover a more balanced approach to leadership and management, to create a workplace of improved retention, profitability and staff morale. **L**

A3S Displaying a positive personal image**Louis Watts****NSW**

From this enlightening session you'll learn to achieve maximum credibility in the shortest possible time with your members and clients. You'll understand how to ask the most appropriate questions, build rapport and position yourself so that you come across as a true professional. **L**

A4S Coach yourself at work**Dr Anthony Grant****NSW**

Drawing on established practical psychological methods from his latest book, this compelling session unveils effective techniques and strategies to improve you and your clients' work and life experiences. **L**

B2Q Discover and live your genius**Peter Barr-Thomson****QLD**

In this dynamic session you'll explore current research, examine the theory that everyone is a genius, identify what holds us back from our inner genius, and take home an action plan to access and start living through your genius today! **L**

**B4Q Great leaders are great coaches****Tony Derbyshire****NSW**

Learn how to effectively and efficiently inspire and empower others to be self motivated. You'll take home coaching techniques that will help you teach people to think differently and achieve greatness. This seminar is a must if you rely on other people's results for your success. **L**

C1G No secrets to success**Richard Chew****NSW**

Travel the road to success with one of Australia's most successful club owners. You'll leave this awesome session with a comprehensive understanding of sensible fundamental principles and the tenacious application of them for bonafide business success. **L**

C2F How to be a powerful woman**Rowena McEvoy****QLD**

Learn the skills and strategies required to become a big success in business regardless of any odds you may feel are stacked against you. A brilliant session for both men and women who want to beat the odds and create a long term, successful business and a balanced, happy life. **L**

