

**Perform Better Functional Training Summit**  
**June 12 – 14, 2025**  
**Chicago, IL**

**THURSDAY SCHEDULE**

<b>1:00 – 5:30</b>	<b>---REGISTRATION---</b>
<b>2:00 – 3:15</b>	<b>BRENDAN STAPLETON</b> <i>Why Good Owners Run Bad Businesses (Lecture Only)</i>
<b>3:30 – 4:45</b>	<b>BILLY HOFACKER</b> <i>Beyond the Balance Sheet: Master Financial Strategies for Your Fitness Business and Life (Lecture Only)</i>
<b>5:00 – 6:15</b>	<b>JOHN FARKUS</b> <i>Building a Referral Machine: Create a Customer Experience So Good You Can't Be Ignored (Lecture Only)</i>

**FRIDAY SCHEDULE**

TIME	LECTURE ROOM 1	LECTURE ROOM 2	HANDS-ON ROOM 1	HANDS-ON ROOM 2	Q & A ROOM
<b>7:15 – 4:00</b>	<b>---REGISTRATION---</b>				
<b>8:15 – 9:30</b>	<b>GRAY COOK</b> <i>Simplifying Low Back and Neck Pain: A Strategy of Calibration vs. Correction</i>	<b>ALI GILBERT</b> <i>Redefining Men's Health Beyond TRT</i>	<b>BRIAN NGUYEN</b> <i>Bend, Bounce, Breathe, and Balance: The Playful Path to Authentic Transformation (Hands-On Only)</i>	<b>CARLOS SANTANA</b> <i>Single Leg Training for Two-Legged Performance (Hands-On Only)</i>	<b>BRENDAN STAPLETON</b> <b>BILLY HOFACKER</b> <b>JOHN FARKUS</b>
<b>9:45 – 11:00</b>	<b>ERIC CRESSEY</b> <i>How We "Batch:" Strategies for Efficient Evaluating and Programming</i>	<b>JASON GLASS</b> <i>Explosive Rotational Training- Everything You Ever Wanted to Know About Training Rotational Athletes</i>	<b>TODD DURKIN</b> <i>Coaching Greatness (Hands-On Only)</i>	<b>JUSTIN KEGLEY</b> <i>The Art &amp; Science of Training The Complete Female Athlete</i>	<b>GRAY COOK</b> <b>ALI GILBERT</b> <b>BRIAN NGUYEN</b>
<b>11:15- 12:30</b>	<b>DON SALADINO</b> <i>Improving Fat Loss and Body Composition</i>	<b>JESS RACZ</b> <i>How You Move Is How You Prove: Unlocking Elite Movement In Sport</i>	<b>GRAY COOK</b> <i>Simplifying Low Back and Neck Pain: A Strategy of Calibration vs. Correction</i>	<b>ALI GILBERT</b> <i>Redefining Men's Health Beyond TRT</i>	<b>ERIC CRESSEY</b> <b>JASON GLASS</b> <b>CARLOS SANTANA</b>
<b>12:30 – 1:45</b>	<b>Lunch On Your Own</b>				
<b>1:45 – 3:00</b>	<b>LEE BURTON</b> <i>3-Step Process for Prescribing Corrective and Functional Exercise</i>	<b>SARAH FISCHER-REYNOLDS</b> <i>Deep Health: The "Secrets" to Battling Client Burnout &amp; Managing Chronic Stress</i>	<b>ERIC CRESSEY</b> <i>How We "Batch:" Strategies for Efficient Evaluating and Programming</i>	<b>JASON GLASS</b> <i>Explosive Rotational Training- Everything You Ever Wanted to Know About Training Rotational Athletes</i>	<b>DON SALADINO</b> <b>JESS RACZ</b> <b>BILL PARISI</b>
<b>3:15 – 4:30</b>	<b>TODD DURKIN</b> <i>Coaching Greatness—Top "10" Traits of the Greats (Lecture Only)</i>	<b>JUSTIN KEGLEY</b> <i>The Art &amp; Science of Training The Complete Female Athlete</i>	<b>DON SALADINO</b> <i>Improving Fat Loss and Body Composition</i>	<b>JESS RACZ</b> <i>How You Move Is How You Prove: Unlocking Elite Movement In Sport</i>	<b>LEE BURTON</b> <b>SARAH FISCHER-REYNOLDS</b> -----
<b>4:45 – 6:00</b>	<b>BILL PARISI</b> <i>Learn to Grow Your Network &amp; Grow Your Net Worth (Lecture Only)</i>	<b>CARLOS SANTANA</b> <i>The Personal in Personal Training: Modern Day Coaching Strategies for Personal Trainers (Lecture Only)</i>	<b>LEE BURTON</b> <i>3-Step Process for Prescribing Corrective and Functional Exercise</i>	<b>SARAH FISCHER-REYNOLDS</b> <i>Deep Health: The "Secrets" to Battling Client Burnout &amp; Managing Chronic Stress</i>	<b>TODD DURKIN</b> <b>JUSTIN KEGLEY</b>

6:00 – 8:00

# ----SOCIAL----

## SATURDAY SCHEDULE

TIME	LECTURE ROOM 1	LECTURE ROOM 2	HANDS-ON ROOM 1	HANDS-ON ROOM 2	Q & A ROOM
8:00 – 9:15	<b>NICK WINKELMAN</b> <i>"Pump-Up" Your Coaching: An Exploration of Cueing For Building Muscle</i>	<b>ARIANNE MISSIMER</b> <i>The Missing Link: Airway Function and Its Impact on Core Stability, Recovery, and Performance</i>	<b>TRAVIS BARNES</b> <i>"WTF" – Where's The Fun? (Hands-On Only)</i>	<b>FRANK NASH</b> <i>Simple Strength – Lift, Laugh, and Level Up! (Hands-On Only)</i>	
9:30 – 10:45	<b>CHARLIE WEINGROFF</b> <i>Cracking the Code of Lower Back Function: Enhancing Performance and Managing Pain with Targeted Strategies</i>	<b>JOHN GRAHAM</b> <i>Empower Your Clients To Live Their Best Life</i>	<b>GREG ROSE</b> <i>The 5 Keys to Training Athletes</i>	<b>MARC LEBERT</b> <i>Kickboxing &amp; Bodyweight HIIT Mash-Up (Hands-On Only)</i>	<b>NICK WINKELMAN</b> <b>ARIANNE MISSIMER</b> <b>FRANK NASH</b>
11:00 -12:15	<b>JOSH HENKIN</b> <i>Why Corrective Exercise Doesn't Work: Practical Pain Solutions</i>	<b>LANCE WALKER</b> <i>The Power Rebound: Why Plyometrics Are Jumping Back Into the Spotlight</i>	<b>NICK WINKELMAN</b> <i>"Pump-Up" Your Coaching: An Exploration of Cueing For Building Muscle</i>	<b>ARIANNE MISSIMER</b> <i>The Missing Link: Airway Function and Its Impact on Core Stability, Recovery, and Performance</i>	<b>CHARLIE WEINGROFF</b> <b>GREG ROSE</b> <b>JOHN GRAHAM</b>
12:15 – 1:30	<h3>Lunch On Your Own</h3>				
1:30 – 2:45	<b>TRAVIS BARNES</b> <i>Tomorrow's Fitness Trends, Today's Simple Solutions (Lecture Only)</i>	<b>NICOLE AUCOIN</b> <i>From Basics to Breakthrough: Creating a Professional Nutrition &amp; Health Coaching Program In Your Gym (Lecture Only)</i>	<b>CHARLIE WEINGROFF</b> <i>Cracking the Code of Lower Back Function: Enhancing Performance and Managing Pain with Targeted Strategies</i>	<b>JOHN GRAHAM</b> <i>Empower Your Clients To Live Their Best Life</i>	<b>JOSH HENKIN</b> <b>LANCE WALKER</b> <b>MARC LEBERT</b>
3:00 – 4:15	<b>GREG ROSE</b> <i>The 5 Keys to Training Athletes</i>	<b>FRANK NASH</b> <i>25 Lessons in 25 Years: Secrets from STRONGER's Owner (Lecture Only)</i>	<b>JOSH HENKIN</b> <i>Why Corrective Exercise Doesn't Work: Practical Pain Solutions</i>	<b>LANCE WALKER</b> <i>The Power Rebound: Why Plyometrics Are Jumping Back Into the Spotlight</i>	<b>NICOLE AUCOIN</b> <b>TRAVIS BARNES</b>

\*\*\*\*\*Speakers Subject to Change\*\*\*\*\*