

Perform Better Functional Training Summit
July 17 – 19, 2025
Long Beach, CA

THURSDAY SCHEDULE

1:00 – 5:30	---REGISTRATION---
2:00 – 3:15	TIM LYONS <i>From Trainer to CEO: The Foundational Truths of Running a Gym That Thrives Without You (Lecture Only)</i>
3:30 – 4:45	SEAN GREELEY <i>Get More Clients: Find and Sign up Clients Worth \$500 - \$2,000/Month (Lecture Only)</i>
5:00 – 6:15	DAN KLECKNER <i>Building a Financially Successful Training Gym through the Untapped Market of Fitness After 40 (Lecture Only)</i>

FRIDAY SCHEDULE

TIME	LECTURE ROOM 1	LECTURE ROOM 2	HANDS-ON ROOM 1	HANDS-ON ROOM 2	Q & A ROOM
7:15 – 4:00	---REGISTRATION---				
8:15 – 9:30	GRAY COOK <i>Simplifying Low Back and Neck Pain: A Strategy of Calibration vs. Correction</i>	MICHAEL MULLIN <i>Gait, Grounding, and Human Performance</i>	BRIAN NGUYEN <i>Bend, Bounce, Breathe, and Balance: The Playful Path to Authentic Transformation (Hands-On Only)</i>	BOBBY ALDRIDGE <i>Unlock peak performance and stay injury-free with C.O.R.E: the ultimate metrics-based training system</i>	TIM LYONS SEAN GREELEY DAN KLECKNER
9:45 – 11:00	GREG ROSE <i>The 5 Keys to Training Athletes</i>	JENA GATSES <i>Understanding the Physiology Behind Recovery Methods: Knowing What Modality to Choose and Why</i>	RACHEL COSGROVE <i>How To Become The Authority Expert in Your Community For Women Over 40</i>	JOSHUA HAAG <i>The Coach of the Next Generation: Bridging the Gap Between Trainer and Therapist</i>	GRAY COOK BRIAN NGUYEN MICHAEL MULLIN
11:15- 12:30	MICHOL DALCOURT <i>Loaded Movement Training – Moving for Effectively for Life and Sport</i>	INGRID MARCUM <i>Building Achilles Durability: From Personal Recovery to Professional Practice</i>	GRAY COOK <i>Simplifying Low Back and Neck Pain: A Strategy of Calibration vs. Correction</i>	MICHAEL MULLIN <i>Gait, Grounding, and Human Performance</i>	GREG ROSE JENA GATSES BOBBY ALDRIDGE
12:30 – 1:45	Lunch On Your Own				
1:45 – 3:00	LEE BURTON <i>3-Step Process for Prescribing Corrective and Functional Exercise</i>	MATTHEW IBRAHIM <i>Frontal Plane Fundamentals: Lower Body Training</i>	GREG ROSE <i>The 5 Keys to Training Athletes</i>	JENA GATSES <i>Understanding the Physiology Behind Recovery Methods: Knowing What Modality to Choose and Why</i>	JOSHUA HAAG MICHOL DALCOURT INGRID MARCUM
3:15 – 4:30	RACHEL COSGROVE <i>How To Become The Authority Expert in Your Community For Women Over 40</i>	ROBERT YANG <i>5 Ways to Prevent Food Cravings (Lecture Only)</i>	MICHOL DALCOURT <i>Loaded Movement Training – Moving for Effectively for Life and Sport</i>	INGRID MARCUM <i>Building Achilles Durability: From Personal Recovery to Professional Practice</i>	LEE BURTON MATTHEW IBRAHIM BRANDON GAYDORUS

4:45 – 6:00	BRANDON GAYDORUS <i>The Power of Networking (Lecture Only)</i>	JOSHUA HAAG <i>The Coach of the Next Generation: Bridging the Gap Between Trainer and Therapist</i>	LEE BURTON <i>3-Step Process for Prescribing Corrective and Functional Exercise</i>	MATTHEW IBRAHIM <i>Frontal Plane Fundamentals: Lower Body Training</i>	ROBERT YANG RACHEL COSGROVE
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	JESSICA BENTO <i>The Meme-ification of Knee Pain: How Social Media is Making Your Knee Pain Worse</i>	ROBERT DOS REMEDIOS <i>Long Term Athletic Development (LTAD) - Developing Age- Appropriate Strength, Speed, Power, and Conditioning Protocols</i>	MARTIN ROONEY <i>Ignite the SPARK: How to Deliver A High-Energy Training Experience (Hands-On Only)</i>	COREY TAYLOR <i>Practical and Proven Methods for Improving Speed (Hands-On Only)</i>	
9:30 – 10:45	ALWYN COSGROVE <i>Mastering Small Group Training: Programming Strategies for Success</i>	AMBER KIVETT <i>Exploring The Body's MAGIK: Secrets to Pampering your Fascia for Instant Pain Relief</i>	TODD WRIGHT <i>The Foot 101</i>	BRENDON REARICK <i>Constraints Based Coaching: Leveraging Tools and Feedback to Enhance Performance (Hands-On Only)</i>	JESSICA BENTO MARTIN ROONEY ROBERT DOS REMEDIOS
11:00 -12:15	SUE FALSONE <i>Unlocking the Thoracic Spine: The Key to Movement, Breath, and Performance</i>	FRANK VELASQUEZ <i>Strength Training For The Active Middle-Aged Adult and Elderly Population</i>	JESSICA BENTO <i>The Meme-ification of Knee Pain: How Social Media is Making Your Knee Pain Worse</i>	ROBERT DOS REMEDIOS <i>Long Term Athletic Development (LTAD) - Developing Age- Appropriate Strength, Speed, Power, and Conditioning Protocols</i>	ALWYN COSGROVE AMBER KIVETT COREY TAYLOR
12:15 – 1:30	<h1>Lunch On Your Own</h1>				
1:30 – 2:45	TODD WRIGHT <i>The Foot 101</i>	BRENDON REARICK <i>Building a Winning Culture on Purpose: The Blueprint for Success (Lecture Only)</i>	ALWYN COSGROVE <i>Mastering Small Group Training: Programming Strategies for Success</i>	AMBER KIVETT <i>Exploring The Body's MAGIK: Secrets to Pampering your Fascia for Instant Pain Relief</i>	SUE FALSONE FRANK VELASQUEZ JOSE ANTONIO
3:00 – 4:15	MARTIN ROONEY <i>Future-Proof Your Fitness Career: 5 Essential Coaching Skills for Tomorrow's Trainer (Lecture Only)</i>	JOSE ANTONIO <i>Performance Enhancers – We All Need Them (Lecture Only)</i>	SUE FALSONE <i>Unlocking the Thoracic Spine: The Key to Movement, Breath, and Performance</i>	FRANK VELASQUEZ <i>Strength Training For The Active Middle-Aged Adult and Elderly Population</i>	BRENDON REARICK TODD WRIGHT

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