



FRIDAY 7TH MAY (DAY 1)

12:00 AM: VIRTUAL EVENT DOORS & EXPO HALL OPEN 12:15-12:45 PM: WELCOME ADDRESS & KEYNOTE WITH PAUL BROWN (MR RETENTION)

BRAVELY DIFFERENTIATE
IN 2021 TO CATAPULT
YOUR ONLINE
TRAINING BUSINESS

BILLY POLSON SPONSORED BY

THE BUSINESS MOVEMENT

THE LUMBO-PELVIC HIP
COMPLEX (LPHC):
A KINESIOLOGY GUIDE AND
PREVENTATIVE STRATEGIES
TO AVOID INJURY

FABIO COMANA

MINIMAL EQUIPMENT, MAXIMUM EFFECT

MEGHAN JARVIS

SPONSORED BY WELLCORP HEALTH AND WELLNESS

01:45-02:05 PM: STRETCH BREAK WITH EMMA MASTERS

ANIMAL FLOW: HARNESSING THE HUMAN BODY (W)

ALISHA SMITH
SPONSORED BY ANIMAL FLOW

THERMAL AND FLUID
DEMANDS DURING
ENDURANCE RUNNING
IN THE HEAT

DR JASON LEE

SPONSORED BY GLOBAL PERFORMANCE NUTRITION INSTITUTE (GPNI)

TOGETHER WE THRIVE:
FITNESS, HEALTH AND
HEALTHCARE
IN THE FACE
OF A GLOBAL PANDEMIC

DR FADZIL HAMZAH

SPONSORED BY CGH & EIMS

03:30-04:30 PM: GROUP PANEL DISCUSSION

MODERATED BY EMMA MASTERS AND PANELLISTS KYLE RILEY, OWEN BOWLING, SAM POGUE AND IAN MULLANE

PROGRAMMING THE
ULTIMATE HIIT
WORKOUT FOR SPECIAL
POPULATIONS

ALEXIS BATRAKOULIS

NUTRITION FOR BODY TRANSFORMATION AND TRAINING

OWEN BISMAN

SPONSORED BY ULTIMATE PERFORMANCE (UP) SINGAPORE

THE ESSENCE OF SELLING FITNESS

PAUL BROWN

SPONSORED BY FACE2FACE RETENTION SYSTEMS

05:45-06:00 PM: DAY 1 CLOSING

ZUMBA® DANCE PARTY



SATURDAY 8TH MAY (DAY 2)

07:45 AM: VIRTUAL EVENT DOORS & EXPO HALL OPEN

08:00-8:45 AM: MASS MORNING WORKOUT (WITH JEN TEO)

YOUR BRAIN ON EXERCISE

RYAN GLATT

SPONSORED BY BRAIN HEALTH TRAINER RECOVERY CYCLE:
THE LINKS
THAT CONTROL
TRANSFORMATION

DANE BARTZ

SPONSORED BY LINKED FIT

ARTHRITIS EXERCISE INTEGRATION

CHRISTINE CONTI

SPONSORED BY CONTI FITNESS & WELLNESS LLC

10:00-10:15 AM: BREAK

MUSCLE VS MOVEMENT: BASED STRENGTH TRAINING

DERRICK PRICE

SPONSORED BY INSTITUTE OF MOTION (IOM)

PROGRAMMING FOR CLASSES – WHY IT NEEDS TO BE DIFFERENT

VANESSA LEONE

SPONSORED BY EXERCISE TO EXPERIENCE

TRAINING THE PRE & POSTNATAL CLIENT

SEAN MCCRORY & KIRSTYN CAMPBELL

SPONSORED BY SUB30 CORE RESTORE

11:15-11:35 AM: STRETCH BREAK WITH CHADDY

RETHINKING THE FITNESS INDUSTRY AND BUILDING A SUSTAINABLE PT BUSINESS

DEXTER JEMUEL TAY

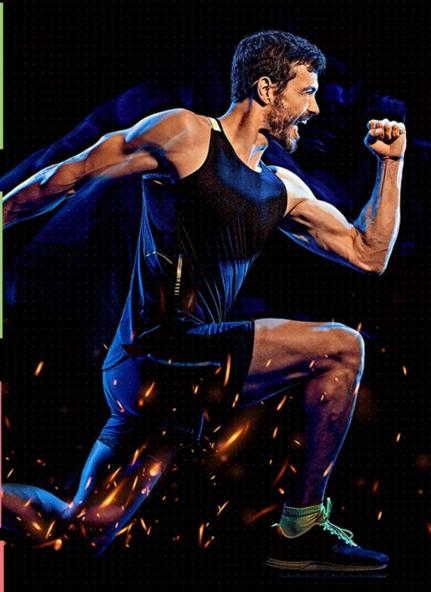
SPONSORED BY FIT ASIA THE HEART
AND SOUL OF CHANGE

SIMON MATTHEWS

SPONSORED BY WELLCOACHES

PRACTICAL MOBILITY
DRILLS
TO HELP DEAL WITH
THE STRESS OF EXERCISE

ANDREW CHADWICK



CLOSING ADDRESS & ROUND UP