



ASIA FITNESS CONFERENCE 2024

THURSDAY, OCTOBER 17th

6:00 - 7:00 PM	Session Title	001 - Make the Most of Your AFC: Orientation										
	Presenter	AFC Team										
	Room	GH 221										

FRIDAY, OCTOBER 18th

7:30 - 8:15 AM	Session Title			#101 Musical Theatre Performance	#102 The Foot to Pelvic Floor Connection	#103 Breathing is Medicine	#104 TRX SWEAT	#105 Kpop Dancercise	#106 TBA			
	Sponsor				Naboso		TRX®		Jetts			
	Presenter			Petchpen Phumipun	Emily Splichal	Angela Lee Jenkins	Aaron Laurence and Grant Twible	Ely Quirino Jr	Natthapong Champachan			
	Room			GH 201			GH 203		GH202			
Session #		107										

BREAK

OPENING and KEYNOTE

8:30 - 9:00 AM	Session Title	AFC Team										
	Presenter	AFC Team										
	Room	GH 203										

BREAK

9:15 - 10:45 AM	Session Title	#108 Unlocking the Power of Rotation	#109 Progressive Plyometric Progressions	#110 Hypermobility: The Forgotten Risk Factor	#111 Walking Gait Analysis Breakdown	#112 Jazz FUNK	#113 Pilates Mat with Partner	#114 Gentle Yoga for Back and Spine	#115 Ankle Stability, Mobility and Power	#116 Motivational Interviewing	#117 Brain Health	#118 Optimise Plant-Based Nutrition
	Sponsor	Exos							Naboso			
	Presenter	Woody Thompson	Sue Falsone	Vanessa Leone	Dave Liow	Anastasia Alexandridi	Apittiya Soma	Yuttana Poncharoen	Emily Splichal	Fabio Comana	Clare Norgate	Ben Siang
	Room											

BREAK

11:15AM - 12:30PM	Session Title	#119 Couples Therapy: Scapular Force Couples	#120 Core Reimagined: Top Landmine Core Moves	#121 YBELL Essentials	#122 GX Foundations	#123 Dance Fusion	#124 Yoga and Pilates: Myths and Methods	#125 Every Breath, Deeper	#126 Training Seniors	#127 Gen-Z Dynamics	#128 Micro Habits to Transform Lifestyle	#129 Science vs Hype: Which Muscle Building Supplements Work?
	Sponsor			TRX®								
	Presenter	Adam Jongmsa	Joe Drake	Aaron Laurence	Natthapong Champachan	Luciano Mottola	Vanessa Leone	Stacey Lei Krauss	Sathik Thanatuk	Gerald Salmon	Angela Lee Jenkins	Douglas Kalman
	Room											

LUNCH BREAK



1:30 - 2:45 PM	Session Title	#130 The 0.10 Second Difference: Exos Speed Workshop	#131 Core Controlled Mobility	#132 How to Train Key Movement Patterns	#133 The Freestyle Zone	#134 Welcome to Beyonce's Style Choreography	#135 Pilates for Spinal Mobility	#136 Hips and Holy	#137 Rocktape for Running	#138 Insights from 250 of the World's Best Gyms	#139 Tackle the New Smoking: Stand and Move	#140 Successful Dieting Without Dying Trying
	Sponsor	Exos								The Fit Guide		
	Presenter	Woody Thompson and Mikayla Foss	Sue Falsone	Dave Liow	Vanessa Leone	Anastasia Alexandridi	Apittiya Soma	Yuttana Poncharoen	Kriyot Sudsaard	Jack Thomas	Fabio Comana	Ben Siang
	Room											

BREAK



3:15 - 4:30 PM	Session Title	#141 Fascia Stretches	#142 The Power of Manual Resistance Training	#143 YBell Pod Programming	#144 Street Menu	#145 TBA	#146 STOTT® Pilates Athletic Conditioning on Cushions	#147 Yoga for Stress Reduction	#148 Fluid X for Seniors	#149 Strategic Insights: Evolution of the Fitness Industry	#150 Brain Fitness Research Roundup	#151 Sports Nutrition to High Performance
	Sponsor			TRX®	ZUMBA®	Fitness First	Merrithew International		Fluid X			
	Presenter	Sathik Thanatuk	Joe Drake	Aaron Laurence	Prince and Madelle	Arnon Kaew Rungruang	Vichaek Mak	Claire Norgate	Aileen Wong and Terry Burge	Gerald Salmon	Jonathan Ross	Kriyot Sudsaard

Room												
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DAY 2 - SATURDAY, OCTOBER 19th

7:30 - 8:15 AM	Session Title		#201 Experience Freestyle Group Fitness	 #202 Running Drills	#203 TRX Yoga Flow	 #204 Gentle Yoga for Total Mind and Body	#205 Funky Bangkok Town	#206 Fluid X Extreme Core										
	Sponsor												TRX®	Fluid X				
	Presenter												Vanessa Leone	Sathik Thanatuk	Grant Twible	Yuttana Poncharoen	Anastasia Alexndridi	Aileen Wong
	Room																	



8:15 - 8:30 AM BREAK

8:30 - 9:45 AM	Session Title	#207 The Dynamic Warm-up	#208 Introduction to Quadripedal Movement	#209 Strength Training for Women: 6 Tips for Success	#210 Body Flow Sequences	#211 We Jam and Remember	 #212 BARRE Butt	#213 Breathe to Heal	 #313 Age-Related Muscle Loss	#215 FitBiz Entrepreneurship	#216 The 5 Pillars of Wellness Transformation	#217 Programming for Optimal Results
	Sponsor											
	Presenter	Sue Falsone	Guillaume Tual	Nick Tuminello	Luciano Mottola	Tony Stone	Pawida Yimploy	Adrian Cox	Wachirawit Penrat	Gerald Salmon	Fabio Comana	Ben Siong
	Room											



9:45 - 10:15 AM BREAK

10:15 - 11:45 AM	Session Title	#218 Slide Into Performance	#219 Unleashing Peak Performance	#220 Strength Braining	 #221 USTIX	#222 Dance Algorithm	#223 Building on Basics	#224 Exercise Your Demons	 #225 Pilates Mat for Osteoporosis	#226 Old Keys Can't Open New Doors: Fitness Business Skills Revealed	#227 Understanding Burnout	#228 Nutritional Neuroscience
	Sponsor		Exos									
	Presenter	Joe Drake	Mikayla Foss	Jonathan Ross	Natthapong Champachan	Anastasia Alexandridi	Claire Norgate	Stacey Lei Krauss	Apittiya Soma	Lawrence Biscontini	Angela Lee Jenkins	Douglas Kalman
	Room											

11:45AM - 12:45PM LUNCH BREAK

12:45 - 2:00 PM	Session Title	#229 Better Posture for Better Health	#230 Arm Training Perfected	#231 Back Pain 101- A Trainer's Cheat Sheet	#232 L-STEP	 #233 Voice Usage and Projection for GX	 #234 Pilates Foam Ball Benefits	#235 Conscious Connected Breathwork	#236 Active Longevity: Aging Head to Toe	#237 Profitable Gym Pricing	#238 Simple Approaches to Success in Behavior Change	#239 The Art and Science of Losing Fat
	Sponsor											
	Presenter	Sue Falsone	Nick Tuminello	Guillaume Tual	Luciano Mottola	Petchpen Phumipun	Pawida Yimploy	Adrian Cox	Ann Gilbert	Gerald Salmon	Fabio Comana	Ben Siong
	Room											

2:00 - 2:30 PM BREAK

2:30 - 3:45 PM	Session Title	#240 Unleash Functional Fitness with Aqua Bag	#241 Playing with Pain - Play-based Training	#242 Building The Forever Athlete	#243 Dance Icon TIKTOK	#244 DanceGlam	 #245 Preventing Shoulder and Elbow Injuries	#246 Metaphors and Lifestyle Transformation	 #247 Cancer Prevention Exercise with Precision	#248 The Future of AI in Resistance Training	#249 Why Aren't We Sleeping?	#250 An Insight into Weight Cutting
	Sponsor	Fluid X								Technogym		
	Presenter	Aileen Wong	Adam Jongsma	Joe Drake	Erick Limans and Frans Ferdinand	Tony Stone	Wachirawit Penrat	Ann-See Yeoh	Brian Kunakom	Lucian Ieremia	Dave Liow	Reid Reale
	Room											

3:45 - 4:15 PM BREAK

4:15 - 5:30 PM	Session Title	#251 Everyday Is Game day	#252 Top 12 Exercises Your Clients Will Love	#253 Foot Wedges, Squat Blocks and Lower Extremity	#254 Latin Express	#255 Aerodance for All	 #256 Essential Matwork on Stability Cushions	 #257 Rocktape for Weighlifting	#258 Exercise and Lifestyle in Menopause	#259 Global Fitness Business Made Easy	#260 Holistic Wellbeing Toolbox	#261 Amino Acid Intake and Mental Performance
	Sponsor	Exos		Naboso			Merrithew International					
	Presenter	Woody Thompson	Nick Tumminello and Joe Drake	Emily Splichal	Tomeo Kaneko	Luciano Mottola	Michaël Mak	Kriyot Sudaard	Claire Norgate	Nathan Hyland	Angela Lee Jenkins	Douglas Kalman
	Room											

5:30 - 6:00 PM Cocktails and Snacks (in Exhibition Hall)

6:00 - 9:00 PM Saturday Night Party (Rooms GH 201-203)

DAY 3 - SUNDAY, OCTOBER 20th

7:30 - 8:15 AM	Session Title			#301 Aero Flow	 #302 Your Soul + Your Movements + Your Breath	#303 Look... No Hands!	#304 A Wall Does it All	#305 TRX Partner Fusion: TRX Suspension, RIP Trainer and YBells	 #306 TBA			
	Sponsor							TRX ®	Virgin Active			
	Presenter			Hirota Hashimoto	Yuttana Poncharoen	Ann-See Yeoh	Stacey Lei Krauss	Aaron Laurence and Grant Twible	TBA			
	Room											
8:15 - 8:30 AM BREAK												
8:30 - 10:00 AM	Session Title	 #307 Performance Training for Everyday Life	#308 Developing Power with Medicine Balls	#309 7 Game Changing Core Training Exercises	#310 We Chair Dance	#311 Step Style	#312 Athletic Conditioning on the Mat	#214 Exercise and Immunity	 #314 Training Youth and Adolescents	#315 The Full-Spectrum Fitness Pro	#316 The Presenters' Presenter: Support, Collaborate and Keep a Growth Mindset	#317 Dietary Supplements: Popular vs Validated
	Sponsor						Merrithew International					
	Presenter	Dusadee Bualert	Adam Jongmsa	Nick Tuminello	Tony Stone	Luciano Mottola	Michaël Mak	Brian Kunakom	Sathik Thanatuk	Jonathan Ross	Lawrence Biscontini	Douglas Kalman
	Room											
10:00 - 10:30 AM BREAK												
10:30 - 11:45 AM	Session Title	#318 Ballistic Isometrics	#319 Youth Fitness - Fitness Fun	#320 Move With Intention	#321 STRONG Nation®	 #322 Dally Dance	 #323 Pilates Mat Foundations	#324 Yoga for Sports	#325 Seated Fall Prevention	#326 Find Your Inner Superhero	#327 Nourishing Women 40 and Beyond	 #328 Fluid Replacement to Enhance Performance
	Sponsor		ACE®		ZUMBA®							
	Presenter	Jonathan Ross	Anthony Wall	Guillaume Tual	George lu	Pawida Yimploy	Apittiya Soma	Ann-See Yeoh	Ann Gilbert	Nathan Hyland	Krisadee Bodhidata	Kriyot Sudaard
	Room											
11:45AM - 1:00PM LUNCH												
1:00 - 2:15 PM	Session Title	 #329 Plyometrics: Linkage from Gym to Field	#330 Finish Strong: Enhance Client Experience	#331 How to Squat for Hypertrophy and Performance	#332 RMT Ropes	#333 We Move to House	#334 STOTT PILATES® Personal Training Matwork	#335 The Art of Breathwork for Fitness Pros	 #336 Movement Pyramid	#337 Spiritual Burpees: The Power of Perspective	#338 Unlocking the Power of Female Physiology	#339 Carb Intake and Athletic Performance
	Sponsor				Paradigm		Merrithew International				Exos	
	Presenter	Dusadee Bualert	Adam Jongmsa	Nick Tuminello	JJ Sweeney and Rani Aryani	Tony Stone	Michaël Mak	Stacey Lei Krauss	Pimruk Sinsomboonthong	Lawrence Biscontini	Mikayla Foss	Douglas Kalman
	Room											
2:15 - 2:45 PM BREAK												
2:45 - 4:00 PM	Session Title	#340 Reacticity - Your New Secret Weapon	#341 The Power of Animal Flow in Conditioning and Mobility	 #342 Core Stabilisation with Aquatic Exercise	#343 Functional Step Sequences	 #344 Zumba® Fiesta = Zumba® Party!	#345 BARE Workout - Barefoot Balance Training	#346 Six Thinking Hats and Fitness Coaching	#347 Sit to Stand Training	#348 Create a Successful PT Team	#349 Coaching Your Clients to Wellness	 #350 Plant-Based Nutrition for Active people
	Sponsor					Zumba®	Naboso					
	Presenter	Jonathan Ross	Guillaume Tual	Pimruk Sinsomboonthong	Luciano Mottola	Montira Lerat and Marina Subhananta	Emily Splichal	Ann-See Yeoh	Ann Gilbert	Phyllis Hanson	Dave Liow	Krisadee Bodhidata
	Room											
4:15 - 5:00 PM CLOSING CEREMONY - Room GH 201												

POST CONFERENCE SESSIONS - MONDAY, OCTOBER 21st

9:00 AM - 5:00 PM	How to Programme for Beginner Clients	Fitness Business Scaling Secrets	YBell TRX	ZUMBA Basic Level 1
Presenter	Nick Tuminello	CJ Lee	Aaron Laurence	Monthira Lerat and Marina Subhananta
Session Number	401	402	403	404

	Sport Conditioning and Personal Training
	Group Training and Dance
	Special Populations, Lifestyle as Medicine and Rehab
	Pilates, Yoga, Mind-Body and Movement
	Exercise Science, Psychology and Nutrition
	Career and Business Development