



# ASIA FITNESS CONFERENCE 2024



10 OCT 24

## THURSDAY, OCTOBER 17th

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

## FRIDAY, OCTOBER 18th

7:30 - 8:15 AM	Room	MR 222	GH 203	GH 202	GH 201	MR 211	MR 224					
	Session Title	#101 Musical Theatre Performance	#102 The Foot to Pelvic Floor Connection	#103 Breathing is Medicine	#104 TRX SWEAT	#105 Kpop Dancercise	#106 BollyBeats®					
	Sponsor		Naboso		TRX®		Jetts					
	Presenter	Petchpen Phumipun	Emily Splichal	Angela Lee Jenkins	Aaron Laurence and Grant Twible	Ely Quirino Jr	Natthapong Champachan					

Session # 107												
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8:15 - 8:30 AM	BREAK											
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Room GH 202												
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8:30 - 9:00 AM	OPENING and KEYNOTE											
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Presenter AFC Team												
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9:00 - 9:15 AM	BREAK											
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9:15 - 10:45 AM	Room	GH 202	GH 203	MR 211	MR 217	MR 210	MR 224	MR 222	GH 201	MR 218	MR 219	MR 220
	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
	Presenter	Woody Thompson	Sue Falsone	Vanessa Leone	Dave Liow	Anastasia Alexandridi	Apittiya Soma	Yuttana Poncharoen	Emily Splichal	Fabio Comana	Claire Norgate	Ben Siong

10:45 - 11:15 AM	BREAK											
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11:15 AM - 12:30 PM	Room	GH 202	GH 203	GH 201	MR 210	MR 211	MR 222	MR 224	MR 217	MR 218	MR 219	MR 220
	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?
	Presenter	Adam Jongsma	Joe Drake	Aaron Laurence	Natthapong Champachan	Luciano Mottola	Vanessa Leone	Stacey Lei Krauss	Sathik Thanatuk	Gerald Salmon	Angela Lee Jenkins	Douglas Kalman

12:30 - 1:30 PM	LUNCH BREAK											
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1:30 - 2:45 PM	Room	GH 202	GH 203	GH 201	MR 217	MR 211	MR 224	MR 222	MR 210	MR 218	MR 219	MR 220
	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
	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 Siong

2:45 - 3:15 PM	BREAK											
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3:15 - 4:30 PM	Room	MR 217	GH 203	GH 201	MR 211	MR 210	MR 224	MR 222	GH 202	MR 218	MR 219	MR 220
	Session Title	#141 Fascia Stretches	#142 The Power of Manual Resistance Training	#143 YBell Pod Programming	#144 Street Menu	#145 Hiphop First	#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
	Presenter	Sathik Thanatuk	Joe Drake	Aaron Laurence	Prince and Madelle	Ken Arnon	Vichael Mak	Claire Norgate	Aileen Wong and Terry Burge	Gerald Salmon	Jonathan Ross	Kriyot Sudsaard



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## DAY 2 - SATURDAY, OCTOBER 19th

DAY 2 - SATURDAY, OCTOBER 19th												
	Room			MR 217	GH 202	GH 201	MR 222	MR 211	GH 203			
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			
8:15 - 8:30 AM	BREAK											
	Room	GH 203	GH 202	GH 201	MR 217	MR 211	MR 224	MR 222	MR 210	MR 218	MR 219	MR 220
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	#214 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
9:45 - 10:15 AM	BREAK											
	Room	GH 202	GH 203	GH 201	MR 224	MR 211	MR 222	MR 210	MR 217	MR 218	MR 219	MR 220
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
11:45AM - 12:45PM	LUNCH BREAK											
	Room	GH 202	GH 201	GH 203	MR 211	MR 210	MR 224	MR 222	MR 217	MR 218	MR 219	MR 220
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
2:00 - 2:30 PM	BREAK											
	Room	GH 201	GH 203	GH 202	MR 222	MR 211	MR 224	MR 210	MR 217	MR 220	MR 219	MR 218
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
3:45 - 4:15 PM	BREAK											
	Room	GH 202	GH 203	GH 201	MR 210	MR 222	MR 224	MR 211	MR 217	MR 218	MR 219	MR 220
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			Merritnew International			NCSF		
	Presenter	Woody Thompson	Nick Tuminello and Joe Drake	Emily Splichal	Tomeo Kaneko	Luciano Mottola	Vichael Mak	Kriyot Sudaard	Claire Norgate	Nathan Hyland	Angela Lee Jenkins	Douglas Kalman
5:30 - 6:00 PM	Cocktails and Snacks (in Exhibition Hall)											
6:00 - 9:00 PM	Saturday Night Party (Rooms GH 201-203)											



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## DAY 3 - SUNDAY, OCTOBER 20th

DAY 3 - SUNDAY, OCTOBER 20th												
	Room		MR 211	MR222	MR 224		GH 203	GH 201	GH 202			
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 HIIT			
	Sponsor							TRX ®	Virgin Active			
	Presenter		Hiroataka Hashimoto	Yuttana Poncharoen	Ann-See Yeoh		Stacey Lei Krauss	Aaron Laurence and Grant Twible	Chutiwat Pookprachob			
8:15 - 8:30 AM	BREAK											
	Room	GH 203	GH 201	GH 202	MR 211	MR 217	MR 224	MR 210	MR 222	MR 218	MR 219	MR 220
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	#313 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 Jongsma	Nick Tuminello	Tony Stone	Luciano Mottola	Vichael Mak	Brian Kunakom	Sathik Thanatuk	Jonathan Ross	Lawrence Biscontini	Douglas Kalman
10:00 - 10:30 AM	BREAK											
	Room	GH 203	GH 201	GH 202	MR 211	MR 210	MR 224	MR 222	MR 217	MR 218	MR 219	MR 220
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®					NCSF		
	Presenter	Jonathan Ross	Anthony Wall	Guillaume Tual	George Iu	Pawida Yimploy	Apittiya Soma	Ann-See Yeoh	Ann Gilbert	Nathan Hyland	Krisadee Bodhidata	Kriyot Sudsaard
11:45AM - 1:00PM	LUNCH											
	Room	GH 202	MR 217	GH 203	GH 201	MR 210	MR 224	MR 222	MR 211	MR 218	MR 219	MR 220
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 Jongsma	Nick Tuminello	JJ Sweeney and Rani Aryani	Tony Stone	Vichael Mak	Stacey Lei Krauss	Pimruk Sinsomboonthong	Lawrence Biscontini	Mikayla Foss	Douglas Kalman
2:15 - 2:45 PM	BREAK											
	Room	GH 202	GH 203	MR 217	MR 211	MR 224	GH 201	MR 210	MR 222	MR 218	MR 219	MR 220
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
4:15 - 5:00 PM	CLOSING CEREMONY - Room GH 202											

## 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

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**LEADING WELLNESS THROUGH LIFESTYLE TRANSFORMATION**  
 18-20 OCTOBER 2024  
 BITEC, BANGKOK THAILAND

Organized by **fit**  
 Supported by **TCEB**

**POST-CONFERENCE SESSION**  
 Monday, October 21, 2024

**401 - How to Programme for Beginner Clients**  
 with **Nick Tumminello**  
 CECs: ACE, NASM

**NICK TUMMINELLO**

Early Bird Rate: 9,250 Thai Baht (Availbale until Aug 31<sup>st</sup>, 2024)  
 Regular Rate: 11,100 Thai Baht (Sep 1<sup>st</sup>, 2024 onwards)

**REGISTER** [afc@fitthai.com](mailto:afc@fitthai.com) [asiafitconference](https://asiafitconference.com) [www.asiafitconference.com](https://www.asiafitconference.com)

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**ASIA FITNESS CONFERENCE 2024**  
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 18-20 OCTOBER 2024  
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**POST-CONFERENCE SESSION**  
 Monday, October 21, 2024

**403 - YBELL Coaching Course TRX**  
 with **Aaron Laurence**  
 CEC's: ACE, NASM, AFAA

**AARON LAURENCE**

Registration fee: 9,900 Thai Baht (Limited space!)

**REGISTER** [afc@fitthai.com](mailto:afc@fitthai.com) [asiafitconference](https://asiafitconference.com) [www.asiafitconference.com](https://www.asiafitconference.com)

**ASIA FITNESS CONFERENCE 2024**  
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 18-20 OCTOBER 2024  
 BITEC, BANGKOK THAILAND

Organized by **fit**  
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**POST-CONFERENCE SESSION**  
 Monday, October 21, 2024

**402 - Fitness Business Scaling Secrets**  
 with **CJ Lee**

**CJ LEE**

Early Bird Rate: 5,555 Thai Baht (Availbale until Aug 31<sup>st</sup>, 2024)  
 Regular Rate: 7,400 Thai Baht (Sep 1<sup>st</sup>, 2024 onwards)

**REGISTER** [afc@fitthai.com](mailto:afc@fitthai.com) [asiafitconference](https://asiafitconference.com) [www.asiafitconference.com](https://www.asiafitconference.com)

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**POST-CONFERENCE SESSION**  
 Monday, October 21, 2024

**404 - ZUMBA® Basic Level 1**  
 with **Monthira Lerat and Marina Subhananta**  
 CEC's: ACE, NASM, AFAA

**MONTHIRA LERAT** **MARINA SUBHANANTA**

Registration fee: 4,200 Thai Baht (Limited space!)

**REGISTER** [afc@fitthai.com](mailto:afc@fitthai.com) [asiafitconference](https://asiafitconference.com) [www.asiafitconference.com](https://www.asiafitconference.com)