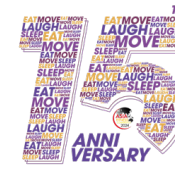

































# ASIA FITNESS CONFERENCE 2024






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 |   |   |   |  |  |   |   |  |  |   |   |
|                   | Room                 |   |   | MR 222  | GH 203   | GH 202   | GH 201  | MR 211  | MR 224   |  |   |   |
| 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 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   |  |  |   |   |  |  |   |   |
| 8:15 - 8:30 AM    |                      |   | BREAK   |   |  |  |   |   |  |  |   |   |
|                   | Room                 | GH 202  |   |   |  |  |   |   |  |  |   |   |
| 8:30 - 9:00 AM    | Session Title        | OPENING and KEYNOTE   |   |   |  |  |   |   |  |  |   |   |
|                   | Presenter            | AFC Team  |   |   |  |  |   |   |  |  |   |   |
| 9:00 - 9:15 AM    | BREAK                |   |   |   |  |  |   |   |  |  |   |   |
|                   | Room                 | GH 202  | GH 203  | MR 211  | MR 217   | MR 210   | MR 224  | MR 222  | GH 201   | MR 218   | MR 219                                      | MR 220  |
| 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   | Claire Norgate                              | Ben Siong   |
| 10:45 - 11:15 AM  | BREAK                |   |   |   |  |  |   |   |  |  |   |   |
|                   | Room                 | GH 202  | GH 203  | GH 201  | MR 210   | MR 211   | MR 222  | MR 224  | MR 217   | MR 218   | MR 219                                      | MR 220  |
| 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 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          |   |   |   |  |  |   |   |  |  |   |   |
|                   | Room                 | GH 202  | GH 203  | GH 201  | MR 217   | MR 211   | MR 224  | MR 222  | MR 210   | MR 218   | MR 219                                      | MR 220  |
| 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 Siong   |
| 2:45 - 3:15 PM    | BREAK                |   |   |   |  |  |   |   |  |  |   |   |
|                   | Room                 | MR 217  | GH 203  | GH 201  | MR 211   | MR 210   | MR 224  | MR 222  | GH 202   | MR 218   | MR 219                                      | MR 220  |
| 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 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 |
|                   | Sponsor              |   |   | TRX ®   |  | ZUMBA®   |   |   | Fitness First  |  |   |   |
|                   | 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   |



## 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 Kunakorn   | 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   |                    |                        | Merrittnew International                     |  |  | NCSF                                   |                                 |   |
|                | Presenter     | Woody Thompson            | Nick Tumminello and Joe Drake                | Emily Splichal                                     | Tomeo Kaneko       | Luciano Mottola        | Michaël Mak                                  | Kriyot Sudsaard  | Claire Norgate                           | Nathan Hyland                          | Angela Lee Jenkins              | Douglas Kalman                                |

|   |    |  |
|---|----|--|
| 1 | PM | 6:15 till 6:45 (1.5 h) (11:15 - 11:45) |
|---|----|--|

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



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



# ASIA FITNESS CONFERENCE 2024



10 OCT 24

| 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 Succesful 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 Medecine and Rehab |
|  | Pilates, Yoga, Mind-Body and Movement                |
|  | Exercise Science, Psychology and Nutrition           |
|  | Career and Business Development                      |



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NICK TUMMINELLO

POST-CONFERENCE SESSION

Monday, October 21, 2024

401 - How to Programme for Beginner Clients

with Nick Tumminello

CECs: ACE, NASM

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)

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AARON LAURENCE

POST-CONFERENCE SESSION

Monday, October 21, 2024

403 - YBELL Coaching Course TRX

with Aaron Laurence

CEC's: ACE, NASM, AFAA

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

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CJ LEE

POST-CONFERENCE SESSION

Monday, October 21, 2024

402 - Fitness Business Scaling Secrets

with 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)

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MONTHIRA LERAT



MARINA SUBHANANTA

POST-CONFERENCE SESSION

Monday, October 21, 2024

404 - ZUMBA® Basic Level 1

with Monthira Lerat and Marina Subhananta

CEC's: ACE, NASM, AFAA

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

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