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BREAKING BOUNDARIES TOGETHER

20 - 23 OCTOBER 2023 • BANGKOK, THAILAND



PROGRAMME BOOK

Organised by:



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AFC2023+

Highlights



01

28 returning presenters and 13 new ones, for over 40 international presenters



02

AFC's Personal Trainer of the Year awarded on Saturday Night



03

AFC's Dance Competition on Friday AM



04

AFC's Blazepod Challenger Competition on Friday PM



05

Sessions in the Exhibition Hall all day Saturday and Sunday



06

A special one-day student discount programme



07

A special one-day Dance and CX sessions Programme





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Please contact us if you are seeking to improve the standards of fitness professionals and of the fitness industry in your area.



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MESSAGE FROM FITNESS INNOVATIONS (THAILAND) LTD.



A warm welcome to all to the 14th Asia Fitness Conference (AFC) 2023+ from Fitness Innovations (Thailand) Ltd.

Fit® is committed to excellence in training, educating and network building for fitness professionals who are passionate and dedicated to bringing better function, health, fitness and performance to their clients and communities. AFC is a part of our greater mission to engage, enable and empower fitness professionals in Asia.

We are honored that AFC has become a favourite meeting place for fitness professionals seeking to be inspired by the best local and international presenters in the field, to network with industry leaders, to share ideas and experiences as well as to celebrate being part of the recovering health and fitness industry in Asia. We are delighted that we are able to host a special event this year which includes a number of Thai presenters!

We are indebted to and appreciative of all presenters, sponsors and exhibitors who have made AFC possible year after year, spending their time, money and energy to bring you the best experience imaginable.

We are also indebted to all delegates, spending time and money to continuously improve. We are honored that a number of you have come to every single event since 2009! Your commitment to continuous improvement is commendable.

This year, we invite you to Include, Inspire and Ignite the industry by taking advantage of all of the knowledge, skills and abilities that you will glean from this year's conference, learning from each other as well as from the greatest exercise programmers and practitioners, physiologists, nutritionists, physiotherapists, psychologists and business people coming to you this year.

And please wear something fancy to the Saturday Night Party: **Halloween Fancy Dress!**

Please make sure you all maximize your take-homes from this opportunity: be prepared to learn from each other, make new friends, reconnect with old friends, discover and explore new business opportunities and shop for some of the newest fitness equipment, gear and education in our exhibition!

We at Fit® wish you a wonderful event and we look forward to meeting and talking with each of you in person. Please come and see us at our Fit booth to discuss how we can help you reach your goals.

With warmest regards,

Suzanne Hosley
Founder and CEO
Fitness Innovations (Thailand) Ltd.

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MESSAGE FROM FIT LTD.

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GENERAL INFORMATION

FITNESS
CONFERENCE PLUS
2023





GENERAL INFORMATION

We want you to have a great time at AFC this year. Here's some handy information to help you on your way.

First Aid

In the unfortunate event that First Aid treatment is required, please visit the Piyavate Hospital First Aid desk in the conference area. For emergency assistance, please contact the organizers.

Certificate of Attendance

All delegates will receive a certificate of attendance to the Asia Fitness Conference 2023 by email within 4 weeks. Should you not receive the certificate, please contact us by emailing: afc@fitthai.com. The Certificate can be useful for those needing continuing education credits for their certification.

Continuing Education Credits

AFC offers Continuing Education Credits/Units from the following certification organisations:

ACE: 1.8 for the conference
NASM: 1.9 CEUs for the conference
AFAA: 15 CEUs for the conference

The reference number will be mentioned on your AFC Certificate. You should register yourself with the certification provider directly.

Equipment

Please note that the equipment used in workshops has been sponsored by suppliers and is for the use of all delegates during the conference. Should you wish to purchase any of this equipment, please contact the relevant supplier in the exhibition hall and reserve it. And it will be available for you after the last session in which the equipment is used.

Liability and Insurance

It is highly recommended that participants carry adequate travel and health insurance as the organizers will not accept liability for any accidents, illness and injuries that may occur during the event.

Lost and Found

Report lost or found items to the Information Desk at the Registration Counter.



GENERAL INFORMATION

Refreshments

Lunches will be served between 11.00AM and 2.00PM for delegates and VIPS at 3rd floor BITEC Food Yard. During session breaks refreshments will be available around the conference.

Use of Mobile Phones and Cameras

Kindly turn off all mobile phones or switch them to silent mode during all sessions to avoid disturbing the presenter and other delegates. Taking photos and/or videos of conference sessions is allowed as long as the presenter agrees.

Official Receipts

Delegates who require official receipts must complete an official receipt request form and place it in the drop box at the Registration Counter. Please be informed that receipts will be available for collection starting on Saturday, October 1st after 3.00pm from the Registration Counter.

Proceedings

Session hand-outs will be available online, those that have been send to us. Please visit session handouts at <https://www.fitthai.com/securedocs/afc-session-handouts/>. The password is **AFC2022123**.

Program Changes

The program is correct at the time of printing. However, the organizers cannot assume liability for any changes in the program due to external or unforeseen circumstances. The organizers reserve the right to alter the program if, and as, deemed necessary.

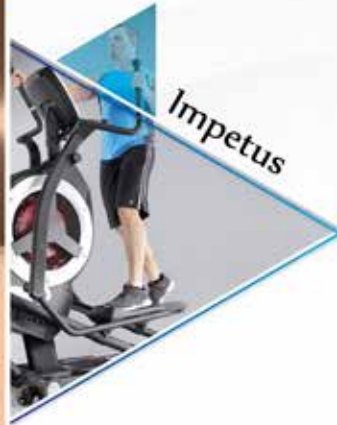
Useful telephone numbers - Police: 191 Fire: 199 Tourist Hotline: 1155 Tourist Police: 1699

Delegate Badges

All delegates, presenters, accompanying persons, exhibitors and visitors are requested to **wear their name badges at all times**. Badges serve as tickets of admission to sessions and functions.

Lost / Misplaced Badges

In case you lose your badge, please report the missing badge details to the registration counter. Any badge replacements shall be charged at THB 500.



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CONFERENCE PROGRAMME

ASIA
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2023



DAY 2

Session	201	202	203	204	205
Room	Bhiraj 1	Silk 1	Silk 3	Amber 1	Nile 1
8:00-9:15 AM	Session Title Athletic Warm-up Equation	Movement in 3D	Dance Fuego	Breathing and Meditation	Corrective Exercise for Active Ageing
Sponsor	Peter				
Presenter	Joe Drake	Adam Jungma	Anastasia Alexandridi	Helen Vanderburg	Leslee Bender
Session	211	212	213	214	215
Room	Bhiraj 1	Silk 1	Silk 3	Amber 1	Nile 1
9:45-11:00 AM	Session Title The Do's and Don'ts of Running Form	The 5 Ab Exercises You Are Doing Wrong	Old School Hype Dance	Total Body Mobility	5 Things You Need to do With Every Client
Sponsor					
Presenter	Ranell Hobson	Nick Tumbarello	Tony Stone	Helen Vanderburg	Sue Falbone
Session	221	222	223	224	225
Room	Bhiraj 1	Silk 1	Silk 3	Amber 1	Nile 1
11:30 AM - 12:45 PM	Session Title Bulletproof Your Feet	Bulletproof Your Feet	Group Fitness Class Connect	Pilates 4 Women	
Sponsor					

Professional Streams In Programme	
	Sport Conditioning and Personal Training
	Group Training and Dance
	Special Populations, Lifestyle as Medecine and Rehab
	Pilates, Mind-Body and Movement
	Exercise Science, Psychology and Nutrition
	Career and Business Development

THURSDAY, SEPTEMBER 29 TH		
	Session #	001
	Room #	Amber 2
6:00 - 7:00 PM	Session Title	Make the Most of Your AFC: Orientation for All
	Presenter	AFC Team

MONDAY, OCTOBER 23 RD - POST CONFERENCE SESSIONS							
Session #	401	402	403	404	405	406	407
Room #							
9:00 AM - 5:00 PM	Fascial Lines Training	Steel Mace Coach Qualification	Rockit Movement - Basics of Bodyweight Training	Strength Training for Fat Loss	Functional Aging Specialist Certification	Isometric Training for Runners	Science to Gym Floor Essentials
Presenter	Peter Twist	JJ Sweeney	Yury Rockit	Nick Tumminello	Cody Sipe	Ranell Hobson	Martin Refalo and Samuel Schepis

DAY 1 - FRIDAY, OCTOBER 20th

DAY 1 - FRIDAY, OCTOBER 20 th											
7:30-8:15 AM	Session	101	102	103	104	105					
	Room	202	201	210	217	211					
	Session Title	Best Ab Exercises on the Planet	Wake up your Feet and Legs with Yin Yoga	MMA GX	Les Mills BODYCOMBAT™ Masterclass	HIT the Wall					
	Sponsor				Les Mills Asia Pacific						
Presenter	Mindy Mylrea	Waewta Thamphibal	Nattapong Champachan	Panuwat Rongbandit and Anchalee Hengsakulwong	Yury Rockit						
8:45-9:30 AM	106 - OPENING CEREMONY-Room GH 203										
9:45-11:15 AM		S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career
	Session	111	112	113	114	115	116	117	118	119	
	Room	203	201	202	210	211	217	224	222	219	
	Session Title	The 30 Functional Patterns	Active Play	Muscle Building Masterclass	Creating the Disneyland Experience	Dance Icon Sweat	Shoulder Solutions for Pain-Free Movement	The Movement Triad- Mobility, Stability and Strength	Gentle Yoga for Back and Spine	Aligning Diets and Exercise for Results	
Sponsor									NASM™		
Presenter	Peter Twist	Supanithi Khumprommarach	Martin Refalo	Mindy Mylrea	Erick Limans and Frans Ferdinand	Brian Bettendorf	Helen Vanderburg	Yuttana Poncharoen	Fabio Comana		
11:15 AM-12:15 PM	LUNCH										
12:15-1:30 PM	Session	121	122	123	124	125	126	127	128	129	130
	Room	201	202	210	217	211	203	224	222	219	220
	Session Title	Steel Mace Fundamentals	Fundamentals of Squat Variations	Pistol Squat	Primal Movement Patterns for Group Fitness	Step Dance	Power Training for Functional Aging	Pilates Connection with Bands	Managing the Shoulder in Yoga Class	Effect of Vitamin D on Athlete Performance	The Art of Coaching
	Sponsor				NASM™						
Presenter	JJ Sweeney	Jonathan Mike	Yury Rockit	Angie Miller	Luciano Mottola	Cody Sipe	Apittiya Soma	Claire Norgate	Kriyot Sudsaard	Samuel Schepis	
2:00-3:15 PM	Session	131	132	133	134	135	136	137	138	139	
	Room	201	202	203	211	210	217	224	222	219	
	Session Title	Olympic Snatch Workout	Training Intensity for Muscle Growth	T-Spine Scapulae Proper Function	HIIT Parade	DANCE GLAM by DFN®	The Aging Foot and Movement	Pelvic Floor and Core Stability for All Genders	YoChi™ Yoga + TaiChi	Nutrition for Peak Performance	
	Sponsor			NASM™			Naboso				
Presenter	Sirapob Puangin	Martin Refalo	Fabio Comana	Mindy Mylrea	Tony Stone	Emily Splichal	Helen Vanderburg	Lawrence Biscontini	Elizabeth Dene		
3:45-5:00 PM	Session	141	142	143	144	145	146	147	148	149	150
	Room	203	202	201	217	210	211	224	222	219	220
	Session Title	12 Techniques to Overload and Build Muscle for Movement	How to Become a Rotational Powerhouse	Building Super Glutes	How to Deliver a GREAT GX Class	Simetrica	Lower Body Self-care	Pilates Flow	Yogic Approaches	How to Foster a Positive Body Image	Fitness Marketing Done Right
	Sponsor										
Presenter	Peter Twist	Jonathan Mike	Dave Liow	Anchalee Hengsakulwong	Sasha Oshkin	Brian Bettendorf and Taeha Kim	Claire Norgate	Ann-See Yeoh	Krisadee Bodhidatta	CJ Lee	

DAY 2 - SATURDAY, OCTOBER 21st

		Session	201	202	203	204	205	206					
7:30-8:15 AM	Room	202	201	224		222		210	203				
	Session Title	Strength, Power, Stability	Bootcamp Buckets	Explore the Mat		Barre Workout		There is no Yin and Yang, just Yoga	Introduction o Yin Yoga for Fascial Release & Structural Balance				
	Sponsor	Fluid X		Origins		Pawida Yimploy		Ann-See Yeoh	Nattawan Jitratt				
	Presenter	Aileen Wong	Mindy Mylrea	Varavich Jarueksilp		Pawida Yimploy		Ann-See Yeoh	Nattawan Jitratt				
		S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career		
Coffee Break 8:45-10:15 AM	Session	211	212	213	214	215	216	217	218	219	220		
	Room	202	203	201	210	211	217	224		222	219	220	
	Session Title	Optimal Overhead Pressing	Bodyweight and Band Training Circuits	Hands-On Tissue Work for Trainers	Fire and Ice	Funky Dance	Corrective Exercise for Better Balance	Pilates to Relieve Tension	Anatomy of a Hug	The Essential Rs of Recovery	Mental Skills Training for Strength and Conditioning		
	Sponsor									NASM™			
Presenter	Jonathan Mike	Nick Tumminello	Dave Liow	Helen Vanderburg	Sasha Oshkin	Cody Sipe	Apittiya Soma	Lawrence Biscontinini	Fabio Comana	Wimonmas Prachakul			
10:45-12:00 PM	Session	221	222	223	224	225	226	227	228	229	230		
	Room	201		202	203	210		211	217	224	222	219	220
	Session Title	Using Resistance Bands in Sport Performance	Maximising Rotational Power	Sport Core-Abs and Glutes	Music Playlist for GX Class	The Chair Dance Class	A Neural Approach to Mobility	Mobility for Optimal Function	Multiplanar Yoga Flow	Omega 3s and their Effect on Performance and Recovery	Coaching: The New Practitioner Within Healthcare		
	Sponsor												
Presenter	Warut Promsri	Adam Jongsma	Peter Twist	Patipam Jearawattanasawadi	Tony Stone	Brian Bettendorf	Helen Vanderburg	Claire Norgate	Elizabeth Dene	Fabio Comana			
12:00-12:45 PM LUNCH													
Lunch Served (11:00AM-2:00PM) 12:45-2:00 PM	Session	231	232	233	234	235	236	237	238	239	240		
	Room	203	201		202	211	210	217	224		222	219	220
	Session Title	Plyometrics for Powerhouse Performance	The Olympic Clean Workshop	Strategies for Muscle Building	Gliding Reinvented	Zumba® Masterclass	Foot Assessment and Training	Inner Potential Reformer	Gentle Yoga for Neck and Shoulders	Truths and Fallacies in Sports and Performance	Gender Differences in Fatigue		
	Sponsor			NASM™		Zumba®							
Presenter	Ranell Hobson	Sirapob Puangin	Fabio Comana	Mindy Mylrea	Marina, Bambi and Michelle Vo	Dave Liow	Varavich Jarueksilp	Yuttana Poncharoen	Hirofumi Tanaka	Martin Refalo			
Coffee Break 2:30-3:45 PM	Session	241	242	243	244	245	246	247	248	249	250		
	Room	202	203	201	211	210		217		224	222	219	220
	Session Title	The New Drop Sets for Size and Strength	Injury Prevention for Endurance Athletes	Brain-Based Balance Training	Vertical step	Supafresh	Functional Taping for Knee Problems	Pilates Back to Basics	Weighted Warrior Yoga	The Future of Nutrition	Practical Programming		
	Sponsor			Naboso									
Presenter	Nick Tumminello	Peter Twist	Emily Splichal	Luciano Mottola	Nattapong Champachan	Kriyot Sudsaard	Claire Norgate	Angie Miller	Elizabeth Dene	Samuel Schepis			
Coffee Break 4:15-5:30 PM	Session	251	252	253	254	255	256	257	258	259	260		
	Room	203	202	201	224		210	217	211	222	219	220	
	Session Title	Getting Strong with Anatomical Subsystems	Unhinged-Adding Hip Hinge Variations	Perturbation Training for Athletes	LM Fusion Masterclass: BODYCOMBAT™, LM GRIT™ Cardio and BODYBALANCE™	Dance Around The World	Training The Injured Runner	To Roll or Not to Roll	Practical Approach to Handstands	Aesthetics vs Performance Nutrition	Agility Training for Older Adults		
	Sponsor				Les Mills Asia Pacific								
Presenter	Jonathan Mike	Adam Jongsma	Ranell Hobson	Panuwat Rongbandit, Anchalee Hengsakulwong, Prinn Nopsiri and Nicha Yongyuennarn	Sasha Oshkin and Tony Stone	Brian Bettendorf	Helen Vanderburg	Yury Rockit	Joan Liew	Napasakorn Chuensiri			
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 22nd

DAY 3 - SUNDAY, OCTOBER 22 nd												
7:30-8:15 AM	Session	301			302		303		304		305	
	Room	217			201		203		222		224	
	Session Title	Les Mills BODYBALANCE™ Masterclass 1			Tik Tok Dance		Warm-up for Resistance Training		Consolidate and Appreciate		Gentle Yoga for Total Mind and Body	
	Sponsor	Les Mills Asia Pacific										
	Presenter	Nicha Yongyuennam and Prinn Nopsiri			Erick Limans and Frans Ferdinand		Kamonchai Rattanadechakul		Ann-See Yeoh		Yuttana Poncharoen	
8:45-10:15 AM	Session	S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career	
	Room	203	202	201	217	210	211	224	222	219	220	
	Session Title	Eccentrics and Isometrics for Running Fast	Sport Performance Programming	Training to Failure - Yes or No?	Cueing, Coaching and Connecting: Transforming Group X	Zumba® Cardio Blast	Low Back Pain and Spinal Stabilization	Pilates for Healthy Back Care	Yoga: Waving Your Intention Wand	Everything You Always Wanted to Know About Supplements	Blood Flow Restriction Training	
	Sponsor				NASM™	Zumba®						
	Presenter	Ranell Hobson	Kamonchai Rattanadechakul	Martin Refalo	Angie Miller	Marina and Bambi	Pimruk Sinsomboonthong	Claire Norgate	Ann See-Yeoh	Elizabeth Dene	Hirofumi Tanaka	
10:45 AM - 12:00 PM	Session	321	322	323	324	325	326	327	328	329	330	
	Room	202	203	201	210	211	217	224	222	219	220	
	Session Title	6 New Chest Workout Tips for Fast Gains	Movement Therapy: The Shoulder Complex	Fluid X Aqua Bag Movements	Bellilates	Aerodance Style	Lifestyle Medicine for the Fitness Professional	Inside Out with Wunda Chair	Power Nap: Getting Non-Traditional Sleep	When Fitness Meets Cancer Survivors	Troubleshooting Common Fitness Business Challenges	
	Sponsor			Fluid X				Origins				
	Presenter	Nick Tumminello	Adam Jongasma	Aileen Wong	Pawida Yimploy	Luciano Mottola	Cody Sipe	Varavich Jarueksilp	Lawrence Biscontini	Brian Supawut Kunakom	Samuel Schepis	
11:15-2:30 PM	LUNCH											
	Session	331	332	333	334	335	336	337	338	339	340	
	Room	202	201	203	217	210	211	224	222	219	220	
	Session Title	Youth Physical Literacy and Mental Well-being	The Olympic Jerk Workshop	7 Game-Changing Glute Training Tips	LM Fusion: BODYJAM™, SH'BAM™, LM GRIT™ Cardio & BODYBALANCE™	Street Choreography	Foot Anatomy and Assessments	Pilates Mat Playground	Athletes and Asanas	Sedentary vs. Active Aging and Fitness	Don't Sleep on Sleep	
	Presenter	Peter Twist	Sirapob Puangin	Nick Tumminello	Anchalee Hengsakulwong, Tawechai Churat, Prinn Nopsiri and Nicha Yongyuennam	Sasha Oshkin	Emily Spichal	Apittiya Soma	Yury Rockit	Hirofumi Tanaka	Dave Liow	
3:00-4:15 PM	Session	341	342	343	344	345	346	347	348	349	350	
	Room	201	202	203	217	211	210	224	222	219	220	
	Session Title	The Athletic Ab Lab	Control Yourself-End Range Control	Perfect Plyometric Progressions	Bodyweight Workout	Urban Fusion Dance	Research-based RockTape Application	Mobility in Pilates	Yoga for Stress Management	Sports Nutrition: Fueling for Performance and Life	The Science of Programming for Older Adults	
	Sponsor										ACE®	
	Presenter	Ranell Hobson	Adam Jongasma	Peter Twist	Luciano Mottola	Tony Stone	Kriyot Sudsaard	Claire Norgate	Angie Miller	Krisadee Bodhidatta	Anthony Wall	
4:30-5:00 PM	CLOSING CEREMONY - Room GH 201											

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SESSION DESCRIPTIONS

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2023





SESSION DESCRIPTIONS

THURSDAY, OCTOBER 19TH

06:00PM – 07:00PM

001 – Make the Most of Your AFC: Orientation for ALL (L) by the AFC TEAM

Make sure you find out firsthand all that is happening at AFC 2022. Come to this orientation and get a sneak preview of what we have to offer, how to plan your days to make the most of your energy and thirst for knowledge and skills and how to get out there and meet some great presenters and fellow fitness professionals throughout the event. Whether you are a first-timer or are returning for more from AFC, be sure to get hints about how to maximize your take-homes from this event. It for free and all are welcome!

FRIDAY, OCTOBER 20TH

07:30AM – 08:15AM

101 – Best Ab Exercises on the Planet (WO) by Mindy Mylrea

Go creative crazy with our core exercises. Using the “practice, perfect, perform” principle for exceptional movement execution, this workout uncovers the best that progressive strength training has to offer for the ABS. Leave with so many options that your students will be satisfied for years. This session will show you how to teach every exercise for maximum success for every student.

102 – Wake up your Feet and Legs with Yin Yoga (WO) by Waewta Thamphibal (Waew)

Thai Language

Feet and Legs are the Feet and legs are the foundation of the body. Movement in almost all activities begins in the feet and legs. Relieving tension in the ligaments, fascia in the soles of the feet and legs by Yin Yoga It will help reduce injuries from exercise. As well as promoting better physical performance in sports.

103 – MMA GX (WO) by Nattapong Champachan (Kero)

Thai Language

MMA Fitness Energy Transformers (FET) is a Fitness program combining mixed martial art types, where the battleship has moved from a cage to the GX room, controlled by the beats of music and driven by a sequence of real techniques to give your clients the results that they are looking for. Join Kero for this session and enjoy!

104 – Les Mills BODYCOMBAT™ Masterclass (WO) by Panuwat Rongbandit (Kelvin) and Anchalee Hengsakulwong (Kib)

Sponsored by Les Mills Asia Pacific

Thai Language

Kick off your Conference with this awesome 45-minute BODYCOMBAT™ Masterclass! You'll punch and kick your way to fitness, burning up to 570 calories along the way. This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master. Les Mill Instructors will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

105 – HIT the Wall (WO) by Yury Rockit

We often ignore some common tools that are readily available to explore fitness variations and assist us: our own bodyweight and a wall. Come experience creative ideas turning our walls (not



SESSION DESCRIPTIONS

mirrors) into different movement experiences for both strength & cardio conditioning applications to enhance mobility. You will learn group & personal training applications of a Wall with progressions & regressions to our bodyweight training.

08:45AM – 9:30AM

107 – Opening Ceremony

9:45AM – 11:15AM

111 – The 30 Functional Patterns (WS) by Peter Twist

In this session, you will learn 10 essential Functional Strength Patterns, 10 Linked Strength Movement Patterns AND 10 Sport Specific Athletic Patterns. Pete will also lead you through how to blend these all into 3D Linked Strength for movement in life and sport. Learn to train your clients to move like athletes!

112 – Active Play (WS) by Supanithi Khumprommarach (Pop)

Thai Language

Active Play is an exercise class for kids. Fundamental movement skills Training through play for develop Physical literacy and Cognitive Function.

113 – Muscle Building Masterclass (WS) by Martin Refalo

Students will learn about important principles and variables that can be applied to design an effective hypertrophy training program and practical considerations for effective execution of the program on the gym floor. Key learning objectives include understanding the physiology behind muscle hypertrophy, learning how to structure an effective hypertrophy training program, using important programming variables that can help maximise muscle hypertrophy.

114 – Creating the Disneyland Experience (WS) by Mindy Mylrea

Close your eyes and transport yourself to Disneyland. It is early morning, you have arrived early to soak in every minute that this day has in store for you. What magic will unfold today? What amazing moments and memories will this day yield that will live in you forever? Teaching a Group Exercise Class should be nothing short of a day in Disneyland. We all know that preparation will make or break any session and the preparation for the Disney experience goes way beyond knowing your content and getting to the venue early.

115 – Dance Icon Sweat (WS) by Erick Limans and Frans Ferdinand

Join this easy-to-follow dance workout class. The Dance Icon Sweat workout is broken down into parts with Dance & Fitness Choreography. It is a perfect mix for a total body workout, high intensity, & stress relief.

116 – Shoulder Solutions for Pain-Free Movement (WS) by Brian Bettendorf

If mobility, strength, or pain are limiting your clients' ability to train or move the way they want, this session will provide you with practical options that can be used to identify opportunities for improvement in the shoulders and arms.

117 – The Movement Triad – Mobility, Stability and Strength (WS) by Helen Vanderburg

The concepts of Mobility, Stability, and Strength have traditionally been categorized separately when training clients. In this interactive session, learn the most current science and training methods indicating why mobility, stability and strength may be best achieved when they are trained together. Using loaded, barefoot mobility and multidimensional movement techniques, learn movement



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complexes to enhance function and performance using training tools like tennis balls, Pilates balls, and flat resistance bands.

118 – Gentle Yoga for Back and Spine (WS) by Yuttana Poncharoen (Jimmy) *Thai Language*

This class will offer therapeutic simple, gentle yoga asanas series with 6 directions of spine movements to strengthen, stretch and stabilize the back & spine. Find your healthy, balanced back and spine in this session.

119 – Aligning Diets and Exercise for Results (L) by Fabio Comana *Sponsored by NASM™*

Physical transformations require both diet and exercise, but dietary interventions are often misaligned with exercise programs which diminishes chances for success. Understanding energy pathways across intensity and duration is critical to programming success, but this needs to map with macronutrient composition in the diet to optimize results. This session reviews pathways and how macronutrients fuel exercise across intensity and duration. We will then examine various popular dietary interventions, briefly review some of their dietary pros and cons, and then discuss exercise recommendations and modifications for each diet type.

11:15AM – 12:15PM

LUNCH

12:15PM – 1:30PM

121 – Steel Mace Fundamentals (WS) by JJ Sweeney

Steel Mace training is a fantastic way to experience how to perform full body workouts, build rotational power, increase shoulder strength and mobility. The Steel Mace is a new piece of training equipment offering off-set weight and unique design, making it an effective fitness tool for building strength, endurance, improving coordination, and firing up your nervous system. You will learn why Steel Mace equipment has become so popular among athletes, fitness professionals, and movement specialists around the world. Join JJ and learn why!

122 – Fundamentals of Squat Variations (WS) by Jonathan Mike

This session will review the importance of the Squat, its applications, progressions, and variations. Jonathan will discuss and demonstrate differences between squat biomechanics and other similar movement and their transfer. On completion of this session, you will be able to identify the common mistakes made with the squat and how to correct them.

123 – Pistol Squat (WS) by Yury Rockit

Pistol Squats can be a fun way to evolve and dimensionalize your squat training with unilateral stances. Join Yury in this specific skillset acquisition session as he shares his unique & inclusive approach towards learning and practicing the single leg squat, dragon squat, and “sissy” squat. Regardless of where you are in your personal fitness journey, learning a new skill is not just fun but also an exploratory experience of deepening your core strength, coordination, balance, mobility, flexibility, proprioception & so much more. Try it!

124 – Primal Movement Patterns for Group Fitness (WS) by Angie Miller *Sponsored by NASM™*

Forget about complicated choreography and come to experience the joy of movement, the power of play, and the motivation to transform everyday functional exercises – think “bear crawls” and



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“bodyweight lunges” – into movement sequences that challenge the brain and body. Perfect for all levels of participants, this workshop will help you transform your group experiences.

125 – Step Dance (WS) by Luciano Mottola

The techniques used in this unique session will be the standard phrases and cross-phrases normally used with a mix of asymmetrical and symmetrical products. The final product will produce a very special design in our space, and the energy and motivation generated will make the class a fun with a unique workout approach, Italian style!

126 – Power Training for Functional Aging (WS) by Cody Sipe

Join Cody as he describes the role of muscle power in maintaining functional abilities with advancing age and reviews the scientific evidence regarding the benefits of power training for older adults from frail to fit including those with chronic conditions. You will learn to identify, demonstrate, and practice a variety of exercises using a variety of equipment options to improve muscle power in older adults as well as practical programming recommendations that you can begin using with their clients right away.

127 – Pilates Connection with Bands (WS) by Apittiya Soma (Bom) *Thai Language*

In this session, you will learn to move from standing movements to traditional Pilates exercises using elastic bands to create an internal connection in this special mat workout. Connection with the elastic band allows it to feel like it's part of your body.

128 – Managing the Shoulder in Yoga Class (WS) by Claire Norgate

The shoulder is frequently injured, and it is challenging to modify a traditional vinyasa class with continual push-ups to up-dog. This session is packed with useful tips to manage the shoulder while still practicing yoga ‘flow’. We will look at exercises that create strong shoulders while learning to protect them. In this session we will be doing a yoga flow that protects the shoulder, with a focus on the anatomy of shoulder, shoulder movements in yoga practice, protecting the shoulder through balancing strength and mobility of the shoulder. In addition, you will learn a shoulder-protected Yoga flow: a no push-up flow!

129 – Effect of Vitamin D on Athlete Performance (L) by Kriyot Sudsaard (Joe) *Thai Language*

Vitamin D is an essential micro-nutrient that can be soluble in fat. Vitamin D is essential for many physiology functions, such as the absorption of calcium in the digestive tract to help promote bone health, an increase the capacity of skeletal muscles and promoting the functioning of the immune system. Athletes who high intensity training and less exposure to sunlight may be at risk of vitamin D deficiency and affect their performance.

130 – The Art of Coaching (L) by Samuel Schepis

In this presentation I explore what I have learned in my career as a coach and personal training working in the trenches. Key takeaways for this presentation are for delegates to understand the importance of foundational knowledge and skills for coaching, as well as the ‘soft skills’ needed to effectively work with clients. Samuel will highlight the importance of creating unique coaching experiences, and how this can be achieved in practice. Separate yourself from other coaches and maximise positive outcomes for clients through coaching interventions that are individualised and realistic.



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2:00PM – 3:15PM

131 – Olympic Snatch Workout (WS) by Sirapob Puangin (Jib)

Thai Language

Develop the “Barbell Snatch” a fundamental movement in Olympic weightlifting that is highly complex, yet beneficial for many reasons including power, speed, coordination, and flexibility.

132 – Training Intensity for Muscle Growth (WS) by Martin Refalo

Participants will learn about training intensity and better understand its meaning to create a framework for its application in training muscle hypertrophy. Intensity will be looked at in terms of its two main aspects: load and proximity-to-failure. You will learn how the load lifted during resistance and proximity-to-failure achieved during resistance training both influence muscle hypertrophy.

133 – T-Spine Scapulae Proper Function (WS) by Fabio Comana

Sponsored by NASM™

The thoracic spine and scapulohumeral region provide the most movement within the upper extremity, but they also influence the entire human movement system (HMS). This session discusses and reviews key kinesiological concepts of these regions to help you gain an understanding of functional movement. Learn how to identify proper versus dysfunctional movement and how to implement key corrective exercise techniques to help prevent injury and improve overall movement efficiency.

134 – HIIT Parade (WS) by Mindy Mylrea

Fartlek, Tabata, Little, 30-20-10, 12-8 – positive recovery, negative recovery – longer intervals, shorter intervals, when to use it and when not to. So many options and so little time, what is a trainer to do? Trust Mindy to hold your hand and guide you through the HIIT Parade. First learn the science then strategically put HIIT training to the test. Formulate progressions and principals for success and retention and create great training sessions that matter.

135 – DANCE GLAM by DFN® (WS) by Tony Stone

Created by Tony Stone, this revolutionary dance workout is set to appeal to all that enjoy easy-to-learn movement with truly hot music. It is a fresh new dance fitness class format guaranteed to be the most fulfilling and fun urban commercial class you will ever experience. The outstanding styles of choreography delivered in 25-minute segments are centered around the urban commercial styles of street jazz, dancehall, old school, urban fusion, house dance, one we call “golden glam classic” and more. We are the jam!

136 – The Aging Foot and Movement (WS) by Emily Splichal

Sponsored by Naboso

Every day 10,000 adults turn 65 years old and enter one of the fastest growing age sectors. With the age 65 now oftentimes seen as the new 50, many of these clients are looking to enjoy some of the best days of their lives. However thinning skin, arthritis, neuropathy, and fat pad atrophy can all impede their ability to walk, run and enjoy their favorite activities. Join Podiatrist Dr Emily Splichal as she explores the common changes to the foot and how to offset these changes to enhance movement longevity.

137 – Pelvic Floor and Core Stability for All Genders (WS) by Helen Vanderburg

The pelvic floor musculature is deeply linked to lumbo-pelvic stability. In this workshop you will learn the relevance between the anatomical structure of the pelvic floor, discuss common pelvic floor dysfunctions and how this affects stability of the core and hip complex. Explore the importance of pelvic floor training and learn specific, effective exercises to enhance pelvic floor function, sometimes using simple equipment like Pilates balls and loop bands.



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138 – YoChi™ Yoga + TaiChi (WS) by Lawrence Biscontini

Join Lawrence as we fuse some Yoga and T'ai Chi in his most famous signature program. Unlock the chi potential of your body by fusing T'ai-Chi Yang short form sections and adapted held hatha yoga asanas. Reap the benefits of both isometric and isotonic muscular contractions, balance betterment, and improved relaxation through moving meditation coloured with visualization. Our music – specially created for the class – changes between yoga-appropriate music and T'ai Chi-appropriate music, juxtaposed in undulating five-minute segments. Join Lawrence and enjoy!

139 – Nutrition for Peak Performance (L) by Elizabeth Dene

Having the correct fuel to enhance performance is dependent on the time, type, and duration of exercise. Having a clear understanding of substrate utilisation and which nutrients take priority is essential for both peak performance and recovery. In this session Liz will cover the optimal fueling strategies for a range of sports and activities. You will learn the importance of timing of the key nutrients and which supplements can support training and recovery. We will review the research and look at how some simple changes can enhance overall performance.

3:45PM – 5:00PM

141 – 12 Techniques to Overload and Build Muscle for Movement (WS) by Peter Twist

Load is one technique, there are 11 more! Join Pete in this learn-by-doing, highly experiential session and come out having mastered all 12 techniques to overload and build muscle for movement.

142 – How to Become a Rotational Powerhouse (WS) by Jonathan Mike

Do you want to increase real life rotational power for clients and athletes? Every program out there should be utilizing fundamental rotational power. The rotation of the torso is controlled by the external obliques, internal obliques and multifidi/spinal stabilizers. If rotation is compromised, the brain restricts strength even in the sagittal and frontal planes. Gait patterning and incorporating anterior and posterior slings create explosive performance, so if you lack rotation, performance will suffer as a result. Join this session and examine the science of, and experience the real-life unique application and hands-on experience with many practical and useful movements to use to enhance clients' rotational power.

143 – Building Super Glutes (WS) by Dave Liow

Developing athletic performance, keeping injury free, and looking great in a pair of tight jeans are seriously compromised when your glutes aren't working well. This session will teach you practical ways to create buns of steel for yourself and your clients.

144 – How to Deliver a GREAT GX Class (WS) by Anchalee Hengsakulwong (Kib)

Thai Language

In this workshop, you will learn how to structure a group exercise class. Learning the benefits of bringing a great experience to your customers in the class, they will feel so great that they will come back to your class continuously. You will learn how to use various teaching skills to modify to teach class for all type of customers.

145 – Simetrica (WS) by Sasha Oshkin

Join Sasha and learn a unique system of physical practices, consisting of proportionate combinations of hand and foot movements, gradually increasing in scale and range of motion, and a unique technique of muscle movements for the entire body that will also develop great joint mobility...all while having fun doing it!



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146 – Lower Body Self-care (WS) by Brian Bettendorf and Taeha Kim

If mobility, strength or pain are limiting your or your clients' abilities to train or move the way you and they want, this session will provide practical options using Stick Mobility that you can use to identify opportunities for improvement in function of your (and your clients'!) hips, legs and feet.

147 – Pilates Flow (WS) by Claire Norgate

People love to move to music. By linking Pilates to a rhythm, we may be able to create a new target market. In this session, we will apply principles of good movement, just in a different format to static, isolated mat Pilates: we will explore creativity and link moves together with repetition and flow, all enjoyed with music so that you can focus on pleasure within your Pilates workout. Learn how to create an entry level class for people who are fitness challenged and how to add a whole new dimension to your classes!

148 – Yogic Approaches (WS) by Ann-See Yeoh

Join Ann-See for an in-depth exploration of the various ways to approach yoga in the traditional fitness gym environment. Drawing from years of experience as one of the original International Master Trainers for Les Mills and delivering yoga teacher training, she will give you approaches to pre-choreographed and individual- created yogic experiences. You will use a consistent list of vinyasa choreography and experience both pre-choreographed and individually choreographed approaches to approach the same vinyasa from different yoga perspectives. You'll see how we match participants to postures in the pre-choreographed flows, and in the other methods, you'll experience the opposite.

149 – How to Foster Positive Body Image (L) by Krisadee Bodhidatta (Pat)

Thai Language

A focus on weight and shape alone can trigger body dissatisfaction in our clients, leading to psychological distress and increasing the risks of unhealthy eating behaviours and eating disorders. Having a positive body image is not about changing our physique to love how we look, but appreciating what our bodies can do for us and taking care of our bodies with respect. Fitness professionals are in a great position to actively reduce weight stigma, creating a safe space for all bodies, helping clients improve how they feel – not just how they look – and teaching positive mindful self-care. Join Pat and learn how!

150 – Fitness Marketing Done Right (L) by CJ Lee

The word "marketing" gets thrown around a lot. It is a word that is loosely defined. Therefore, it can be a challenge to know exactly what to do, how to do it and more importantly, why you do it. Join CJ and define what "marketing" truly is in the context of fitness industry and business. Discover how to avoid 7 deadly mistakes when marketing your fitness business while learning to use a "little known" process that will double your sales – learn to create a 12-month marketing strategy that will grow your sales and improve your reputation.



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SATURDAY, OCTOBER 21ST

07:30AM – 08:15AM

201 – FX Aqua Bags Training (WO) by Aileen Wong **Sponsored by Fluid X**

Transform your workouts with adjustable, water-filled weights! Join this session and learn how to use our multifaceted Fluid X equipment with proper form and technique. We will also show you how to do strength and power exercises as well as gain understanding about the use of Fluid X as a tool to improve stability and balance.

202 – Bootcamp Buckets (WO) by Mindy Mylrea

Bootcamp training is such a blast to teach but very time-consuming to create. What if there was an easy systematic approach to creating crazy creative killer bootcamp classes that your students would love? Now there is: welcome to Bootcamp Buckets. Learn the system and the strategies for creating smart, safe, and sizzling training sessions every time. You will leave this session with turnkey bootcamp templates that you can use over and over again in a multitude of ways. You will also learn the why and how of bootcamp programming.

203 – Explore the Mat (WO) by Varavich Jaruekslip (Am)

Sponsored by Origins

Thai Language

Join this mindfully paced mat workout class that will bring you on an inner journey that will spotlight your roadblocks to better movement and help you to remove them so as to improve movement.

204 – Barre Workout (WO) by Pawida Yimploy

Thai Language

Barre classes are very popular among Pilates and Yoga exercisers who want to train to burn more calories. This is an exercise that is suitable for girls who want to tone their butt, thighs, and shape their waist with beautiful muscles without lifting heavy weights. This is a popular exercise method used by many famous singers and actors. It also helps the body increase its resting metabolic rate. Help tighten the muscles of the arms, legs and core muscles in one class. This class is safe for the spine and joints because it's a low-impact cardio class. It's will also potentially grow in the Thailand market.

205 – There is no Yin and Yang, just Yoga (WO) by Ann-See Yeoh

This class is a play on different rhythms of flow in one class to highlight the effect of the practice rather than being Yin or Yang. Ann-See will take you on a journey of light and shade, which will leave you with an appreciation of how Yin and Yang are not different approaches to Yoga practice, but essentially two sides of the same coin. In addition, you will leave with an understanding of how to weave the opposites into a simple yet effective class plan that you can easily replicate.

206 – Introduction to Yin Yoga for Fascial Release & Structural Balance (WO) by Nattawan Jitrarat

Thai Language

The interweaving of Traditional Hatha Yoga & Chinese martial arts form, supported by myofascial release & structural balance applied from Anatomy Trains concept. In this practice, we will explore some of techniques which goes beyond relaxation in typical Yin class. By working with bony stations & ground reaction force will help releasing the tension & tightness in different layers of the body. Bone will be aligned, space & mobility are regained. Healthy postures & freedom movement without pain are optimal goals to achieve.



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08:45AM – 10:15AM

211 – Optimal Overhead Pressing (WS) by Jonathan Mike

This hands-on session will discuss and identify the mechanics, technical intricacies and execution of the Overhead Press and variations for personal trainers and coaches. This workshop will explore the importance and application of the overhead press and provide a comprehensive analysis of the technical intricacies both from an execution and a training perspective.

212 – Bodyweight and Band Training Circuits (WS) by Nick Tumminello

Develop elite full-body workouts for building muscle and performance with these top bodyweight and band training moves. Come away with lots of new moves and exciting training ideas. Learn the best lower-body, upper-body and core conditioning circuits using bands and the best total-body warm-up circuits using bands. Learn plenty of new band exercises your clients will love.

213 – Hands-on Tissue Work for Trainers (WS) by Dave Liow

Tissue that is “gummy” and has high tone will not respond well to training. This session will teach you hands-on techniques that you can apply to clients and/or teach as self-massage to improve tissue health. This session doesn't require a massage bed or oil. Learn practical techniques to aid training and adaptation by understanding fascia, learning a systematic approach and practical techniques to work with soft tissue.

214 – Fire and Ice (WS) by Helen Vanderburg

Heat up and cool down. The perfect balance of high intensity and restoration. Fuel your internal fire and feel the burn of high-intensity training with a short intense interval training workout followed by the cooling and calm of yoga-inspired posture. This all-in-one barefoot workout is the perfect fusion balance of yin and yang, feeling our heat increase with our internal fire, and then decreasing heat as we cool-off, moving towards feeling like ice.

215 – Funky Dance (WS) by Sasha Oshkin

This session combines a number of different dancing styles: Locking, Popping, Top Rock, Hip-Hop, Jazz and Funk. It is a salad of simple moves and improbable music – acid jazz. This class is for all levels of preparation. It will give you great pleasure and will improve your mood.

216 – Corrective Exercise for Better Balance (WS) by Cody Sipe

In this session, you will learn the key physiological sensory and motor systems that are necessary for good balance and define critical balance concepts and terminology. You will be able to identify common limitations in mobility, stability and postural control that often impair balance in clients of all ages and ability levels. Cody will help you learn to perform assessments that identify these limitations as well as corrective exercise strategies that can address them to improve balance.

217 – Pilates to Relieve Tension (WS) by Apittiya Soma (Bom)

Thai Language

Use breathing techniques while using foam rollers to relieve tension in your body. This class will ground you and connect your mind to your muscles. You will also learn to focus on finding the correct muscles and placement so you can be better aware of where you are in space.

218 – Anatomy of a Hug (WS) by Lawrence Biscontini

What kind of hugger are YOU? This workshop explores the phenomenon of what we know physically and energetically happens when humans engage in physical contact with each other. From handshaking to hugging to massage, different kinds of touch produce different physiological, emotional, psychological, and spiritual changes. We will examine research on what happens in our



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brain, body, and breath when we hug, and learn five types of hugs which you can use as appropriate in your life.

219 – The Essential Rs of Recovery (L) by Fabio Comana

Sponsored by NASM™

Recovery is the new focus in programming... Volumes of research continue to support the importance of proper recovery for optimal adaptation to any training stimulus. But what does proper recovery mean and do other activities of daily living have any impact upon recovery and adaptation? This session asks, answers, and clarifies much of this unknown topic. Learn the importance of, and mechanisms for, maximizing Recovery, Rest, Rehydration, Resynthesis, Repair, Regeneration and more to elevate your understanding and programming from good to great.

220 – Mental Skills Training for Strength and Conditioning (L) by Wimonmas Prachakul

Thai Language

This lecture class explains the importance of applying sports psychology skills to help make physical fitness training more effective.

10:45AM – 12:00PM

221 – Using Resistance Bands in Sports Performance (WS) by Warut Promsri (Poon)

Thai Language

Join Poon for this hands-on session on how to use resistance bands training to enhance performance for athletes of all types. You will learn exercises specifically designed for each sport. This allows you to use sport simulation exercises with your athletes, enhancing performance while preventing injuries. Learn the knowledge, skills, and abilities to train your athletes safely and effectively with strength bands, either via a full-body strength band workout or by adding some new exercises to an existing program. It is a must attend for all coaches that strive to bring their athletes new heights!

222 – Maximising Rotational Power (WS) by Adam Jongsma

Many clients participate in athletic activities where they are required to develop power in rotation, such as golf, tennis, and baseball. Have you ever thought about the transferability of your training to these activities? Within this session, we will investigate the foundations of rotational power (mobility, stability, strength, and speed) and how to develop these key attributes to improve athleticism. You will leave with the ability to coach and program rotational power into your clients' training to maximize the performance of your clients while decreasing injury risk.

223 – Sport Core – Abs and Glutes (WS) by Peter Twist

Look good move great!! A fun-focused spirited strength workout! You'll hear both grunting and laughing. Learn-by-doing training secrets of ice skaters and sprinters for round glute shape and incredible core strength. Experience a large inventory of standing, prone and supine core drills for stability, reactivity, and rotational power. Also partner drills using cooperation and resistance to fire up your entire torso and glute complex!

224 – Music Playlist for GX Class (WS) by Patiparn Jearawattanasawadi (Suntaro)

Thai Language

In this practical session, you'll understand the different of BPM ranges to guide you when choosing the right music for each group class style and each group of clients who come with different experience levels. You will be able to apply the knowledge and skills from this session effectively.



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225 – The Chair Dance Class (WS) by Tony Stone

There is no doubt that this super special class must come back for a repeat performance after the success of our last one in 2022. This is a super fun dance class choreographed with a chair at the centre of it. This is a class that has been set up for this large-scale event although it is usually reserved for smaller dance studio locations. Join me for a world premier of my special kind of dance workout for all of my AFC family to experience. I'll bring the choreography and music; AFC will provide the chairs and you bring the heat. DO NOT MISS IT!!

226 – A Neural Approach to Mobility (WS) by Brian Bettendorf

Traditional stretching and self-myofascial release have emphasized defects in the muscles or connective tissue. Learn the influence of the nervous system on movement limitations and how to integrate that knowledge into your existing mobility training. Come learn new techniques and modifications you can use on yourself and your clients.

227 – Mobility for Optimal Function (WS) by Helen Vanderburg

Joint mobility is essential for optimal movement and performance. In this barefoot workshop you will discover simple techniques to enhance joint mobility and stability through corrective strategies with lightly loaded exercises to keep joints healthy. Release restrictions and improve your clients' ability to move well without limitations and pain. Together, we will define joint mobility, discuss common joint mobility issues and experience several mobility complexes to target specific movement restrictions using simple equipment like yoga mats, tennis balls, Pilates balls, and foam rollers.

228 – Multiplanar Yoga Flow (WS) by Claire Norgate

This is a great class if you want to unwind or learn more about sequencing safely. We will flow with breath and move with awareness while exploring the three planes of movement (frontal, sagittal and transverse). We will apply an understanding of these planes in yoga sequences while also adding knowledge of how fascia connects to and influences joint movement. You will learn a great base from which to develop new yoga sequences, develop knowledge of the myofascial connection to yoga asana as well as the importance and practical understanding of progression and regression in asana practice.

229 – Omega 3s and their Effect on Performance and Recovery (L) by Elizabeth Dene

The effect of fish oil supplementation on general health and use by athletes has been researched for over 25 years. The early evidence focused on the potential for fish oils to decrease the inflammatory response to exercise. Join Liz as she unpacks the latest evidence on how fish oils can improve performance measures such as muscular growth, power, recovery, and neuromuscular outcomes. A systemic approach has been applied to the evidence to present the major findings of this research project. Fish oils are one of the most widely used supplements in the world, and you discover their benefits and how they can boost your performance.

230 – Coaching: The New Practitioner within Healthcare (L) by Fabio Comana

Individuals visit their physician on average 4 times a year yet might meet with their trainer or coach perhaps 100 times a year. This provides fitness practitioners with the opportunity to build value in the services they provide: to empower and facilitate positive and sustainable change. Join this session to gain valuable insight and helpful tools for embracing the emerging role of being a successful health coach.

12:00– 12:45PM

LUNCH

12:45PM – 2:00PM



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231 – Plyometrics for Powerhouse Performance (WS) by Ranell Hobson

Plyometric training is critical to the success of runners and other athletes. In this practical workshop you will join Ranell in a series of Plyometric combinations to build elastic energy and take your maximum velocity to the next level. In this session, we will explore explosive patterns and learn where to place them in programming and planning to maximise results. This session is not only for runners, these principles of elastic energy and tendon driven power will add a variety of new techniques to spice up all PT sessions.

232 – The Olympic Clean Workshop (WS) by Sirapob Puangin (Jib)

Thai Language

The “Barbell Clean” is a fundamental movement in Olympic weightlifting that requires strength, power, and coordination. Our class is here to help you master this powerful move safely and effectively. We'll guide you through a basic progression to make sure you understand the movement and can practice it with confidence.

233 – Strategies for Muscle Building (WS) by Fabio Comana

Sponsored by NASM™

Muscular development – something many of us aspire to achieve to look, feel, and function better, but how do we get results effectively? This session explores current theories surrounding muscle hypertrophy, then provides tips and strategies for optimizing muscular development that span training to hydration, feeding, and recovery. Learn how to train smart rather than just hard!

234 – Gliding Reinvented (WS) by Mindy Mylrea

The Gliding Discs are a staple in most training programs and there are the tried-and-true gliding exercises we always default to. But what more is there? Oh, so much more! You are in for a treat because you are about to experience gliding reinvented. Learn from the creator herself the magic of Gliding and how your body can be super challenged with this simple tool. From lower body, upper body and core, you will walk away with a unique and diverse library for your training toolbox.

235 – Zumba® Masterclass (WS) by Marina Subhananta, Monthira Lerat (Bambi) and Michelle Vo

Sponsored by Zumba®

Zumba® is perfect for everybody and everybody! We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class. Let's Dance! Join TOP Zumba® Presenters for a 75-minute class and find out why the Zumba® program is perfect for you!

236 – Foot Assessment and Training (WS) by Dave Liow

This session will take you through a simple foot assessment as well as through the stages needed to release and retrain your client's control of your feet. Learn practical solutions to improve foot function.

237 – Inner Potential Reformer (WS) by Varavich Jarueksilp (Am)

Thai Language

Sponsored by Origins

This slow-paced flow workout will focus on exploring the powerful nuances that teach you to listen to your own body as opposed to just going through the motions in your workouts. Vital life skills like sitting without the use of your hands are threaded into the classical work in every transition. The class will take time to break down advanced exercises and will get through exercises that we always have questions about. If your goals are to move with grace and control, or simply to know how to move without hurting yourself, you'll love this exploration of your inner potential.



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238 – Gentle Yoga for Neck and Shoulders (WS) by Yuttana Poncharoen (Jimmy)

Thai Language

This class will apply simple and gentle yoga asana sequencing to focus on the Neck and Shoulder area. If you feel any stiffness or stress at the Neck and Shoulder or maybe if you have office syndrome problems, join this class and learn how to develop healthy neck & shoulders.

239 – Truths vs Fallacies in Sports and Performance (L) by Hirofumi Tanaka

Several people may come across so-called established facts about training and performance, some of which are fallacies or misconceptions. Other so-called established facts may be negatively affecting performance. Join Professor Tanaka as he highlights some of the most common fallacies in sports and performance and helps you understand and identify the related truths.

240 – Gender Differences in Fatigue (L) by Martin Refalo

This session focusses on fatigue during resistance training and specific gender differences that may lead to practical programming applications. Research has shown that there may be differences in fatigue between genders and Martin will explore this with you. At the end of the session, you should understand how fatigue originates during resistance training, possible gender differences in physiology that may contribute to differences in fatigability and learn about some gender-dependent practical applications that can improve training for muscle hypertrophy.

2:30PM – 3:45PM

241 – The New Drop Sets for Size and Strength (WS) by Nick Tumminello

Learn with Nick how to level up your drop sets with this hyper-efficient method. It'll make a difference in your and your clients' physique and the time you spend working out. Discover a smarter way to do drop sets to gain more while saving time. Nick will lead you through how to apply Strength Zone Training for better drop-sets and you will do better drop-sets for chest, lats, shoulders, biceps, and triceps.

242 – Injury Prevention for Endurance Athletes (WS) by Peter Twist

More and more clients and fitness enthusiasts are becoming amateur or professional endurance athletes. Join Pete in this session and learn how to help them prevent common injuries in running, triathlons, cross country skiing and more. You will learn how to best prepare and listen to the body as well as how to adjust methods for matching prevention with performance.

243 – Brain-Based Balance Training (WS) by Emily Splichal

Sponsored by Naboso

The seemingly simple task of balancing on one leg or walking across the room is a complex, integrated, multi-sensory experience with stimulation from the eyes, ears, joints and plantar foot. Join Dr. Emily as she explores how to enhance brain activation during balance training by combining sensory stimulation, dual tasking and eye movement exercises.

244 – Vertical Step (WS) by Luciano Mottola

Join Luciano in this session with steps placed not in the traditional horizontal position, but in the vertical position, a real challenge for the true fans of the step. We will use techniques of edge change and you will get lots of ideas to revisit step or start creating original classes for your students.

245 – Supafresh (WS) by Nattapong Champachan (Kero)

Thai Language

The SUPAFRESH Dance Fitness method will teach you everything you need to know to either start your Dance Fitness carrier, fill up your current classes or spark your creativity with our specialised tailored training just for you. Learn how to teach and effective, fun, groovy Street Dance class for



SESSION DESCRIPTIONS

everyone, perfect for fitness environment. Turn your passion and love for music and dance into a career.

246 – Functional Taping for Knee Problems (WS) by Kriyot Sudsaard (Joe)

Thai Language

This workshop will teach you the principles of taping for people with knee problems. Including a basic assessment of the knee to address the use of taping and taping techniques for the most common knee injuries.

247 – Pilates Back to Basics (WS) by Claire Norgate

With some approaches, Pilates has become so varied, fast, hot, fat-burning, HIIT style that it often looks nothing like the original concept. However, in this technique-based Pilates class we will still have fun. We often seek variety as we get 'bored' with our classes. However, exploring anatomy and revisiting the 'why' of mat Pilates will reconnect your love of movement and the uniqueness of the Pilates principles. Join Claire and learn the why and how of neutral, to appreciate all planes of movement and why we need to keep some isolation as well as how to safely regress and progress. Finally, you will learn some very useful cueing techniques.

248 – Weighted Warrior Yoga (WS) by Angie Miller

Join Angie for a free-flowing fusion of yoga, strength, and cardio that engages the mind, body, and soul. It's a bridge between classic yoga poses, innovative strength-based movements, and low-impact cardio challenges.

249 – The Future of Nutrition (L) by Elizabeth Dene

When it comes to nutrition there is so much information and misinformation, it is difficult to know what is real, and what is hype. Trainers are always looking for an extra edge on how to achieve optimal health and wellbeing and easy tips they can share with their clients. In this session Liz will address some current hot topics such as, "Are cell-based meats safe", "How is lab based milk made", "Do I need to eat Vegan", "Gluten free", "Oat milk, soy milk, almond, what's the best", "Eating fish or taking fish oils", "Which fats are the best for health", "What about superfoods". You will walk away with a greater understanding of nutrition and how to identify evidence-based research on current burning nutrition topics.

250 – Practical Programming (L) by Samuel Schepis

In this session we cover how to take the training principles and variables and apply them creatively to an individual client, to design unique and effective training programs. Key takeaways for this session are to understand what are the important considerations to take into account for the individual client, including ability, injury/illness, time constraints, preferences and more. You will have a toolbox full of techniques that can be applied within a training session to achieve the desired outcome for your clients as well as how to effectively plan out a client's training to ensure that training phases logically stack together over time.

4:15PM – 5:30PM

251 – Getting Strong with Anatomical Subsystems (WS) by Jonathan Mike

The 4 main anatomical subsystems (oftentimes called "slings") contribute as a large part of muscle systems and humans' ability to generate dynamic movement. Myofascial slings sometimes carry a weak component not often addressed by trainers and coaches. This not only limits performance but also doesn't take into consideration the use of a 3D approach to programming. This workshop will cover all these slings, demonstrate their usage in anatomy and biomechanics so that trainers and coaches can improve their skills with both programming and performance.



SESSION DESCRIPTIONS

252 – Unhinged – Adding Hip Hinge Variations (WS) by Adam Jongma

The hip hinge is an important foundational movement pattern. It is a great way to emphasize the posterior chain, counteract the common seated position and provide a back saving way to lift. But for many clients, once they become proficient in the base pattern (classic deadlifts), these can seem boring and mundane. This workshop introduces proper progressive sequencing and specific exercise variations that will change your hip hinge forever. You will leave with more than just new exercise ideas, but with the ability to cue, coach, and program each hip hinge variation effectively based on client needs.

253 – Perturbation Training for Athletes (WS) by Ranell Hobson

Perturbation-based balance, strength and stability training might be one of the most versatile fitness techniques you've never heard of. Used in a variety of settings it's touted to prevent falls among older adults and increase performance in chaos-centred sports (field and court sports). It can also help recreational and elite athletes avoid injury and speed up rehabilitation. Whether your goal is to age in place or enhance your performance, perturbation training is something you should know and understand.

254 – Les Mills Fusion Masterclass: BODYCOMBAT™, LM GRIT™ Cardio and BODYBALANCE™ (WS) by Panuwat Rongbandit (Kelvin), Anchalee Hengsakulwong (Kib), Prinn Nopsiri (Benz) & Nicha Yongyuennarn (Chao)

Sponsored by Les Mills Asia Pacific

Thai Language

In this fun but challenging 75-minute Masterclass, you'll experience a blend of science-backed workouts featuring dance, cardio, speed and flexibility training. You'll punch and kick your way to fitness, burning up calories BODYCOMBAT™, improve cardio fitness, increase speed and maximise calorie burn with LES MILLS GRIT™ Cardio as well as build strength, improve flexibility, and feel serene and relaxed with BODYBALANCE™.

255 – Dance Around the World (WS) by Sasha Oshkin and Tony Stone

This class is all about rhythm, love, dance. Enjoy the moment and make awesome atmosphere together. Enjoy this dance connecting people together and preparing you for the AFC Saturday Night Party!

256 – Training the Injured Runner (WS) by Brian Bettendorf

Understand the primary causes of running injuries and learn practical solutions based on current theory. Learn a simple movement screen, training recommendations, and exercises focused on helping runners do more of what they want to do – run.

257 – SMR: To Roll or Not to Roll (WS) by Helen Vanderburg

Self-Myofascial Release (SMR) techniques and products have become all the rage in the fitness industry. The science of fascia and fascial resiliency continues to evolve. We will explore and discuss the current science and relevance of a variety of SMR techniques and learn how directed SMR techniques are changing. The question is to roll or not to roll. We will discuss the current science and understanding of fascia, review common SMR techniques and apply fascial science to SMR techniques, all while incorporating tennis balls, Pilates balls, and foam rollers.

258 – Practical Approach to Handstands (WS) by Yury Rockit

Handstands help us explore our new relations with gravity, improving our circulation, posture and balance as well. Join Yury on a specific skillset acquisition session sharing his unique & inclusive approach towards learning and practicing handstands. Regardless of where you are in your personal fitness journey, learning a new skill brings fun and an exploratory experience of deepening



SESSION DESCRIPTIONS

your core strength, coordination, balance, mobility, flexibility, proprioception & so much more. Learn handstands for all levels & for those with no prior experience and experience the benefits of inversions.

259 – Aesthetics vs Performance Nutrition (L) by Joan Liew

Having a lean physique is often regarded as a valid and key representation of “sports performance” and “fitness”. However, there are significant differences in the two objectives when it comes to training and nutrition. Join Joan and learn how training to improve body composition differs from improving sports performance. Explore what fitness leaders need to understand about the difference between the goals of aesthetics v performance training and understand the key considerations in sports nutrition that are critical to desired outcomes.

260 – Agility Training for Older Adults (L) by Napasakorn Chuensiri (Opol)

Thai Language

In this workshop, we will discuss the importance of agility in the elderly, explore important element of building agility in the elderly. Including practical part and how to design a training program to effectively create agility for the elderly.

5:30PM – 6:00PM

Cocktails and Snacks in the Exhibition Hall

6:00PM – 9:00PM

The famous AFC Saturday Night Party!



SESSION DESCRIPTIONS

SUNDAY, OCTOBER 22ND

07:30AM – 08:15AM

301 – Les Mills BODYBALANCE™ Masterclass 1 (WO) by Nicha Yongyuennarn (Chao) and Prinn Nopsiri (Benz)

Sponsored by Les Mills Asia Pacific

Thai Language

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of tai chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

302 – Tik Tok Dance (WO) by Erick Limans and Frans Ferdinand

Are you ready to bust some moves and start your day with a bang? Join our TikTok Dance Workout session and get your groove on! This is not your average workout – we'll be breaking it down to the latest TikTok hits and teaching you the hottest dance moves. You'll be sweating, smiling, and feeling like a TikTok superstar in no time! So, grab your friends and let's get moving to the beat of the music. Trust us, your morning routine will never be the same!

303 – Warm-up for Resistance Training (WO) by Kamonchai Rattanadechakul (A)

Thai Language

Get ready for your final day of AFC strength and conditioning, personal training and other sessions by performing a world-class warm-up. Join Khun A and recover from your first two days and make sure you make the most of Day 3 of AFC!

304 – Consolidate and Appreciate (WO) by Ann-See Yeoh

Join Ann-See for a 45-minute breath and intention-based practice where you will be guided through the three components of a traditional yoga practice: āsana, prāṇāyāma and dhāranā. Experience how breath and intention stitch the poses together, something that makes a movement-based practice Yoga.

305 – Gentle Yoga for Total Mind and Body (WO) by Yuttana Poncharoen (Jimmy)

Thai Language

In this last morning of AFC, it is time to return your body and mind to balance, to relax and refresh yourself with Gentle and Flow Yoga. Simple flow movements synchronized with breathing to prepare you for your last AFC day and fulfill your life with peace and awareness.

08:45AM – 10:15AM

311 – Eccentrics and Isometrics for Running Fast (WS) by Ranell Hobson

When running at higher velocities, the swing thigh undergoes different contractile efforts between initial and terminal swing. Understanding eccentric and isometric training for runners will provide new insights into planning strength workouts that build velocity-resilient hamstrings and create adaptations like plyometrics without high-impact wear and tear on joints and ligaments. This workshop is jam-packed with practical take homes to implement in your next session!



SESSION DESCRIPTIONS

312 – Sport Performance Programming (WS) by Kamonchai Rattanadechakul (A)

Thai Language

Join Khun A and discover how sports performance training programming can help optimize strength development and muscle power in the gym, and then convert these results to agility and power on the field.

313 – Training to Failure – Yes or No? (WS) by Martin Refalo

Training to failure has been a topic of debate in the fitness industry for many years. Join this session and explore new research to provide a better understanding of it and to help you understand how best to design and execute a resistance training programme to promote hypertrophy using proximity-to-failure. You will learn how training to failure influences outcomes in resistance training and how to design a program for muscle hypertrophy using considerations for proximity-to-failure.

314 – Cueing, Coaching and Connecting: Transforming Group X (WS) by Angie Miller

Sponsored by NASM™

Cueing is the foundation to successful group fitness instruction. When an instructor cues well, and uses creative coaching techniques, the class flows, transitions are seamless, and participants feel successful. Cueing and coaching require strong communication skills and precise timing, and that's why they're the most challenging components of group leadership. Whether you're a novice or seasoned instructor, come to this workshop to learn how to connect with your participants through powerful cueing and coaching techniques, including verbal and visual messages, body language, and word imagery.

315 – Zumba® Cardio Blast (WS) by Marina Subhananta and Monthira Lerat (Bambi)

Sponsored by Zumba®

Thai Language

Revolutionize your cardio w and feel the Latin Heat. This class will both challenge and inspire you at the same time! Learn how to make your routines really 'pop' with hits from multi-platinum Latin artists and more. So come walk in, dance out and learn!

316 – Low Back Pain and Spinal Stabilization (WS) by Pimruk Sinsomboonthong (Kethy)

Thai Language

In this practical session, you'll learn the basics of the core system that builds stability for the body and be able to apply equipment to train the nervous system to improve stability and strength for the core muscles. You'll learn about a variety of exercises to build core stability and strength including reducing the risk of injury that will occur from training as well.

317 – Pilates for Healthy Back Care (WS) by Claire Norgate

This session will explore how to help people with chronic, non-specific back pain. It is designed for instructors to be able to provide safe exercises for those who have been cleared to exercise. We will explore when to refer and how to determine exercise contra-indications. We will discover some basic assessments and create safe starting points for movement progressions. A focus will be on understanding the six best mobilisers and six best stabilisers for healthy back care.

318 – Yoga: Waving Your Intention Wand (WS) by Ann-See Yeoh

With over 30 years of experience in the mind-body fitness space mentoring many instructors, a Ann-See discovered that instructors spend too much time lesson-planning rather than building their personal brand. Join Ann-See as she takes you through a handful of short sequences, showcasing how identical sequences can feel different when we manipulate various intentions, along with an attitude of play. You will leave this workshop with ready-to-go Yoga sequences and a simple system that will help you find longevity in your lesson plans rather than constantly designing new lesson plans.



SESSION DESCRIPTIONS

319 – Everything You Always Wanted to Know About Supplements (L) by Elizabeth Dene

Your clients are constantly asking you about nutritional supplements and you feel obligated to give an answer because you're the expert, even though you're not sure yourself. In this session, you will get a crash course on supplements. You will learn how to know whether a supplement really works or not, what to look for on the label to identify the quality of a supplement, and how to figure out the right dosage.

320 – Blood Flow Restriction Training (L) by Hirofumi Tanaka

Blood flow restriction training is an innovative exercise that can produce benefits and adaptations even if it is performed at a lower exercise intensity. It is still not yet practiced by a wide range of populations including professional athletes and patients. Join Professor Tanaka and understand the great potential of the blood flow restriction training approach.

10:45AM – 12:00PM

321 – 6 New Chest Workout Tips for Fast Gains (WS) by Nick Tumminello

Learn sure-fire tips to optimise your chest workout for maximum size and strength. With Nick, you will learn the best bench angle for the chest, missing push-up variations for the inner chest and identify the three mandatory movement patterns for functional chest strength.

322 – Movement Therapy: The Shoulder Complex (WS) by Adam Jongsma

The structure of the shoulder complex allows for the greatest potential range of motion of any joint in the body. But with increased levels of mobility, the requirement for control also increases. So how do we optimize shoulder mobility, without sacrificing stability? In this session, Adam will walk you through how to implement different mobility techniques and stability exercises to optimize shoulder function. The techniques and exercises learned in this session can be easily brought into your training sessions as either homework, movement prep or correctives.

323 – Fluid X Aqua Bag Movements (WS) by Aileen Wong

Sponsored by Fluid X

FX Master Trainer Aileen will show the major functional movements with Fluid X aqua bags. In this workshop we will focus on Passive Resistance, Active Resistance, Flow and Stability movements. This session will show you what to expect from a Fluid X instructor course. The class will end with a full body workout from power movements to strength, stability, and core. Experience how FX equipment – an aqua bag filled with water – engages your core and stabilises muscles in every exercise. Thanks to the movement of the water every repetition you make is different from the next.

324 – Bellilates (WS) by Pawida Yimploy

Thai Language

Bellilates workshop will bring the basic movements of Pilates and Belly Dance to compare the characteristics of the muscles used, benefits and different charms of the 2 type of training. The physical benefits are comparable and not dangerous. This can be an alternative to open class in the private studio or teach in Pilates Studio. To be able to have alternatives training similar to sports and using familiar muscles but also fun with the dancing approach. Bellilates draws a passion for the form of training that blend physical with emotional expression.

325 – Aerodance Style (WS) by Luciano Mottola

All are welcome to Aerodance. You will feel both elated and healthier physically through the pleasure of dancing. With Luciano, every step you take will put a smile on your face. Learn the concepts of "partition" and "concentric insertion", where you will get a lot of tips to create different choreographies for your dance classes.



SESSION DESCRIPTIONS

326 – Lifestyle Medicine for the Fitness Professional (WS) by Cody Sipe

Lifestyle Medicine is a rapidly developing clinical specialty today. Learn the "Six Pillars of Lifestyle Medicine" and other key concepts and how it benefits the fitness industry and the fitness professional. You will discuss how fitness professionals can leverage Lifestyle Medicine to simultaneously help your clients achieve better health outcomes, elevate the fitness industry, connect more directly with health professionals, and grow your business. You will learn key resources and educational pathways necessary for fitness professionals to get involved in the field of Lifestyle Medicine.

327 – Inside Out with Wunda Chair (WS) by Varavich Jarueksilp (Am)

Sponsored by Origins

Thai Language

This Wunda chair session is a fun and challenging session that you will feel from the inside out. Join Kru AM and explore your movement and open up a world of understanding. You will learn how to cue your clients using their own words instead of your own, and much more. Join us to add new discoveries to your own practice.

328 – Power Nap: Getting Non-Traditional Sleep (WS) by Lawrence Biscontini

Science supports advocating napping to increase overall health, wellbeing, and happiness. From the Blue Zones to the Mediterranean Diet, napping forms a key part of successful lifestyle practices. For today's athlete, napping has been shown to boost productivity in home and workplace, improve performance and mood. Lawrence will invite you to experience various types of naps with a focus on breathwork, body positioning, and meditation. This class figures on some of the most prominent Group Wellness Menus around the world at noontime hours.

329 – When Fitness Meets Cancer Survivor (L) by Brian Supawut Kunakom

Thai Language

The number of cancer survivors has increased due to advances in medical research and early detection screening programs. Cancer survivors are left with a new self-acceptance that surviving outweighs thriving. The medical community is unable to guide cancer survivors regarding this matter due to the lack of priority in standardizing lifestyle modification as a medical treatment. Data has continued to show the benefits of exercise for cancer prevention, improving prognosis, and preventing recurrence amongst cancer survivors. Muscle mass is the indicator of longevity pertaining to all spectrums of health, from treating diseases to attaining optimal health. Join this session and learn all you can about how you can help cancer survivors thrive!

330 – Troubleshooting Common Fitness Business Challenges (L) by Samuel Schepis

All businesses face common challenges throughout their operation, be it dealing with growth, human resources or staff, financial concerns or simply determining what is the best direction for your operation. This session will address some of the common challenges that fitness businesses face and provide a framework to help you in troubleshooting and problem solving them.

12:00PM – 1:00PM

LUNCH

1:15PM – 2:30PM

331 – Youth Physical Literacy and Mental Well-being (WS) by Peter Twist

Youth physical literacy, including fundamental movement skills, physical confidence, and recognition of movement's impact on mindset and health, has always been important but is increasing in importance today. Join Pete and learn how to develop kids' movement skills, positive relationship

to exercise, self-belief and a “me-to-we” lens. Learn how to program, add symbolism, gamification, develop high engagement and high transfer to life and sport. This is a learn-by-doing workshop in which you will experience circuits that blend physical literacy and mental well-being!

332 – The Olympic Jerk Workshop (WS) by Sirapob Puangin (Pop)

Thai Language

Learn the technique of “Barbell Jerk” to understand the component movement behind it and be able to execute the movement with maximum efficacy.

333 – 7 Game-Changing Glute Training Tips (WS) by Nick Tumminello

Even if you deadlift, squat and hip thrust, you’re still missing something in your quest for the ultimate athletic booty. In this session, you’ll get to try seven glute training techniques to get more out of glute exercises and learn some moves that will become staples in your and your clients’ workouts. Join Nick and learn how to supercharge common glute exercises while decreasing the risk of groin injury.

334 – Les Mills Fusion Masterclass: BODYJAM™, SH'BAM™, Les Mills GRIT™ Cardio & BODYBALANCE™ (WS) by Anchalee Hengsakulwong (Kib), Tawechai Churat (Aum), Prinn Nopsiri (Benz) and Nicha Yongyuennarn (Chao)

Sponsored by Les Mills Asia Pacific

Thai Language

In this fun but challenging 75-minute Masterclass, you’ll experience a blend of science-backed workouts featuring dance, core, strength and flexibility training. You’ll feel uplifted, tone your glutes and legs, and build stamina with BODYJAM™ and SH'BAM™, improve cardio fitness, increase speed and maximise calorie burn with LES MILLS GRIT™ Cardio and build strength, improve flexibility, and feel serene and relaxed with BODYBALANCE™.

335 – Street Choreography (WS) by Sasha Oshkin

Join Sasha to experience sounds that revive your eyes and an unusual choreography and music that will add a fresh new wave to your creative work. It involves a mix of Old School Hip-Hop, Hip-Hop New Style, Popping, Locking, Krump, Jazz Funk and Break Dance...it’s not only dance, it’s the whole history of dance! Join, enjoy and learn how to make your students enjoy!

336 – Foot Anatomy and Assessments (WS) by Emily Splichal

Sponsored by Naboso

As the only contact point between the body and the ground, the foot acts as our foundation to balance, stability, and gait. Join functional podiatrist Dr Emily as she explores the basic biomechanics and anatomy of the foot and ankle complex, as well as introduces you to how to perform a foot assessment. Gain powerful information about the power of the human foot and how it can impact client programming and progressions.

337 – Pilates Mat Playground (WS) by Apittiya Soma (Bom)

Thai Language

Learn how to use different props – small balls, foam rollers and elastic bands – to challenge and assist you in creating the feeling of being on the apparatus! Join Kru Bom and learn to bring the apparatus to your Mat work with this creative class.

338 – Athletes and Asanas (WS) by Yury Rockit

Yury will show both group exercise instructors and personal trainers how to add dimensions to yoga classes to attract more athletic types to training. Join Yury for a two-part experience featuring how to convince athletes to get their yoga “work out” (using strength-based yoga) and necessary “work

in” (adding necessary flexibility-based yoga). With these two main goals of improving strength and flexibility, you will learn how to choose asanas to complement your clients’ athletic performances, augment their athletic body awareness to help prevent injury, and aid their recovery and rejuvenation through restoration.

339 – Sedentary vs. Active Aging and Fitness (L) by Hirofumi Tanaka

With increasing age, the risk of heart disease increases and function and performance decline. Masters’ athletes or veteran athletes are unique and impressive in that these age-related changes are often absent. Join this session and learn the differences in impact of sedentary aging versus active aging in a way that fitness professionals can understand and use to their aging clients’ benefit.

340 – Don’t Sleep on Sleep (L) by David Liow

Sleep is one of the missing lifestyle pieces that has a direct impact on every single client goal. Despite this and the millions struggling with sleep, there are few practical coaching systems available to the fitness professional in relation to this topic. Join David and deepen your understanding of the relationship between sleep, recovery, and adaptation and how these relate to common client goals. This session is aimed to provide a practical framework to assess and screen for red flags in sleep for your clients. You’ll walk away with a coaching system alongside practical strategies that can be implemented right away.

3:00PM – 4:15PM

341 – The Athletic Ab Lab (WS) by Ranell Hobson

In this workshop you will learn the importance of Pillar Strength for all athletic movement. Pillar strength redefines Core training to include the Shoulders, the Pelvis and everything in between. Any slackness or weakness through the pillar leads to energy leaks and an increased risk of injury. This workshop will have plenty of practical work while building an understanding of the importance of kinetic linking for improved performance.

342 – Control Yourself – End Range Control (WS) by Adam Jongsma

Several techniques exist to help clients improve range of motion. The biggest mistake most people make during this process is not working to control the new range of motion. This often leads to the changes not sticking long-term and to increases in risk for injury. Learning how to control the newfound range of motion will improve the effectiveness of mobility techniques and therefore maximize movement potential. Within this session, we will explore the principles and techniques used to develop end-range control. You will leave with the ability to improve client’s mobility safely and effectively through the application of end-range techniques.

343 – Perfect Plyometric Progressions (WS) by Peter Twist

Learn how to make high-risk plyometrics truly safe and effective for clients of all ability levels. Experience simple yet valuable Readiness Assessments and the safest progressions from beginner to more intense drills. Understand the difference between jump training and plyometrics, and, how to utilize plyometric techniques beyond legs to also power upper body lifts and core strength drills. We’ll review a brief summary of science to give your training plans more purpose, then, devote the session to how to do and how to cue a large number of plyometric exercises.

344 – Bodyweight Workout (WS) by Luciano Mottola

Join Luciano in this bodyweight workout using music to create sequences involving the use of several workout strategies to “charge” one’s own body. Learn to use functional movements and simple strategies to help you reach your and clients’ goals without any equipment, simply by adding variations to your workout routine. Enjoy!



ADAM JONGSMA is a Kinesiologist, Strength Coach, and founder/CEO of the KP Movement Institute. He has spent his career rehabilitating and optimizing the performance of professional and amateur athletes, while also working with fitness enthusiasts wanting to look, move, and feel their best. Adam also has a great passion for education and uses a practical, research-based approach to empower and inspire movement professionals to optimize movement and longevity in their clients.



AILEEN WONG is from Panama, she is a lululemon Ambassador, she is a passionate Group Class Instructor and NASM Certified Personal Trainer currently living in Hong Kong. She is the co-founder of MINDFIT, that focuses on helping others to inspire them to live a healthy lifestyle and lead a kind and loving relationship with their body. She has 10 years of experience teaching group classes, spinning, strength training, circuit training, HIIT, boxing, etc.



ANCHALEE HENGSAKULWONG ศึกษาระดับปริญญาตรี ที่วิทยาลัยวิทยาศาสตร์และเทคโนโลยีการกีฬา มีประสบการณ์การเป็นผู้ฝึกสอนส่วนบุคคล และเป็นผู้นำการออกกำลังกายแบบกลุ่ม ที่ Fitness First และ Jetts Fitness มากกว่า 10 ปี ปัจจุบันทำงานเป็นผู้จัดการการออกกำลังกายแบบกลุ่ม อยู่ที่ Virgin Active โดยได้ใบรับรองการเป็นผู้ฝึกสอนการออกกำลังกายแบบกลุ่มจากสถาบันที่มีชื่อเสียง Les Mills 5 โปรแกรม ได้แก่ BODYPUMP, BODY JAM, BODY COMBAT, SHABAM, และ GRIT รวมถึงใบประกาศนียบัตรการเป็นผู้ฝึกสอนโยคะและพิลาทิสด้วย



ANGIE MILLER, M.S., LCMHC, is a mental health therapist, speaker, writer, and fitness educator. She is the host of NASM's Strong Mind, Strong Body podcast and the creator of Emotional Motion, a boutique coaching program for midlife women. Angie speaks at conferences worldwide where she bridges her expertise in fitness, wellness, and mental health. She is an NASM Master Instructor and the producer of Tips from Angie for AFAA. She writes for professional journals and films for Gaia TV.



ANN-SEE YEOH is a trainer, business mentor and Founder of My Kind of Yoga®. With over 30 years' experience, she is a pioneer in the group fitness industry, becoming the first Asian Fitness Presenter in the UK and one of a handful of International Master Trainers appointed by Les Mills. She is the author of My Kind of Yoga™ Teacher Training Manual: The Fundamentals for Teaching My Kind of Yoga™



ANTHONY WALL is the Senior Director, Global Business Development for the American Council on Exercise (ACE)®. Anthony J. Wall, MS, oversees all ACE's international B2B strategy and ACE's B2B partnerships with organizations delivering education and professional development opportunities. He serves as a member of the Physical Activity Innovative Collaborative of the National Academies of Medicine and as an Education Committee member for the Medical Fitness Association. With over 25 years of experience in the fitness industry, Wall shares his expertise at industry workshops and conferences globally. As IDEA World's 2019 Top Industry Contributor, Wall presents globally. He is often used as an expert within the media by many respected national outlets. These include The Washington Post, Good Life magazine, Real Health magazine, Women's Health, and many more.



APITTIYA SOMA, MSc, BSc, ACE CPT, NSCA CSCS, is the founder of Pilates by Apittiya . She is a Balanced Body Faculty member and Pilates Master Instructor. She teaches Mat, Reformer, Apparatus, Anatomy in 3 Dimensions, CoreAlign, MOTR and BODHI Suspension. at Fitness Innovations Thailand and has also completed the "Passing the Torch" exclusive Pilates Mentorship Program with Elizabeth Larkam and Madeline Black Method Immersive Training Program. She studied Pilates with Physical Mind Institute and has over 10 years Pilates experience. Her interests are human movement and specific strength exercises for toning and she enjoys focusing on inner relaxation through specific breathing and stretching techniques. She works closely with female and mature clientele to ensure the correct exercises and programs are individually tailored to their needs to adopt a holistic approach to health.



BRIAN BETTENDORF trained as a clinical exercise physiologist and after 20 years of experience, including founding and operating a chain of physical therapy and fitness facilities, he obtained a graduate degree in management allowing him to partner with fitness, sporting goods, and health & wellness companies to grow their business.



DR. BRIAN KUNAKOM ดอกเตอร์ไบรอัน เป็นแพทย์ที่มีใบอนุญาตในการรักษาในรัฐวอชิงตัน ประเทศสหรัฐอเมริกา ซึ่งมีความเชี่ยวชาญในการรักษาคน ที่ไม่ใช่เฉพาะแค่เพียงส่วนใดส่วนหนึ่งของร่างกาย แต่จะคำนึงถึงปัจจัยด้านสรีระ, อารมณ์, อาหาร, พันธุกรรม, สิ่งแวดล้อม, สไตลส์การดำเนินชีวิต, และอื่นๆ ซึ่งมีความสัมพันธ์และเกี่ยวข่งกันที่ซับซ้อนของร่างกายจนอาจจะส่งผลทำให้เกิดโรคต่างๆ ขึ้นมาได้ ดอกเตอร์ไบรอัน มีความสนใจเป็นพิเศษในด้านเวชศาสตร์การกีฬาและวิทยาทางระบบต่อมไร้ท่อ ดอกเตอร์มีความหลงใหลในการเป็นนักวิ่งมาราธอน มักจะอาสาอยู่ในทีมแพทย์เพื่อดูแลนักกีฬาเมื่อมีการแข่งขันวิ่งมาราธอนต่างๆ ที่จัดขึ้นในท้องถิ่นนั้น นอกจากนี้ยังนำความรู้ที่กว้างขวางทางด้านโภชนาการ, เวชสมุนไพรวินิจฉัยและเวชศาสตร์ฟื้นฟู มาใช้ในคลินิกการรักษามะเร็งเชิงบูรณาการ เอสเพอแรนซ์ ซึ่งเป็นคลินิกที่มีความมุ่งมั่นในการใช้นวัตกรรมการป้องกันและการต่อสู้มะเร็งเพื่อมอบคุณภาพชีวิตที่ดีกว่าเดิมให้กับผู้ป่วย รวมถึงใช้ความรู้ที่กว้างขวางทางด้านการจัดการอินซูลิน เพื่อสอนผู้ป่วยที่เป็นโรคเบาหวานในการควบคุมการบริโภคคาร์โบไฮเดรตที่เหมาะสมและทำให้ผู้ป่วยมีสุขภาพร่างกายที่แข็งแรงขึ้น



CJ LEE has gone from being a personal trainer who once struggled to get clients to now leading a team of 40+ personal trainers and scaling one of the fastest growing personal training businesses in the region. CJ Lee from MOVE Private Fitness has the burning desire to jump into opportunities where he gets to help fitness professionals like you to grow your business with simple and impactful action plans. With a Diploma in Fitness from Auckland University of Technology, 15 years international fitness industry experience, 8x personal training studio startup experience, CJ is a real-life practitioner that will make you fall in love with marketing to level up your career and business in the fitness industry!



CLAIRE NORGATE life has revolved around learning about health and healing, inspired education, psychology, Yoga, Pilates, and exercise. She is a popular and in demand presenter known for her depth of knowledge and the simplicity and fun in which she delivers it. Claire has been the FILEX presenter of the year and has also received multiple other teaching awards. Claire currently lectures in anatomy, physiology, pathophysiology & clinical diagnosis at Torrens University as well as continuing to teach all forms of group fitness. In her spare time, she is completing a PhD in neuroscience (just for fun).



CODY SIPE PhD, MS, Dip ACLM, is an award-winning educator and leader on evidence-based fitness for older adults and those with chronic conditions. Cody has over 25 years' experience as a fitness professional, professor, researcher, club owner, speaker, and author. He is co-founder of the Functional Aging Institute and Ageless Fitness.



DAVE LIOW M Ph Ed (dist) is the founder of the Holistic Movement Coach Programme based in the Sunshine Coast, Australia. Dave has a long history in elite sport conditioning and has worked with a wide range of world-class athletes. He also specialises in working with clients with chronic pain and injuries. He currently presents internationally to health professionals on integrating a holistic approach, and cutting-edge movement techniques into the health and fitness industry.



ELIZABETH DENE, MSc Nutrition, PGD Science, BSc, Human Movement, is a senior lecturer in nutrition at Torrens University. Liz is a sought-after keynote speaker, highly acclaimed international presenter, corporate wellness consultant and one of Australia's most experienced wellness, nutrition, and exercise specialists. Liz is a regular presenter on Australian TV networks, and has worked with the Australian Rugby Union Wallabies, was the Head of Education at the Australian Fitness Network and has consulted to brands such as Westpac, Channel 7, Lend Lease, LuLuLemon, Byron Yoga, ChiBall International and more. Liz holds a master's in nutrition with a research focus on omega-3 fatty acids, postgraduate in science and undergraduate in human movement.



EMILY SPLICHAL, BSc, MSc, D.P.M. is a Functional Podiatrist and Human Movement Specialist and the Founder of EBFA Global, Creator of the Barefoot Training Specialist® Certification, Author of Barefoot Strong and CEO/Founder of Naboso Technology. With over 20 years in the fitness industry, Dr Splichal has dedicated her medical career towards studying postural alignment and human movement as it relates to barefoot science, foot to core integration and sensory integration.



ERICK LIMANS is Co-Founder & Mastermind of Paradigm Fitness Indonesia, Dance Icon, & Creativepreneur. Erick Limans entered the fitness industry as an instructor with 20 years of experience. He is also internationally certified in many fitness programs, dances around the world, & his passion is bringing happiness & health through dance.



FABIO COMANA is SDSU and NASM Faculty member and an advisory also working to build fitness throughout Asia. was previously the original creator of ACE's IFT™ model and educational workshops. His prior experiences include and strength-conditioning coach; opening/managing clubs, and industry consultant. He is an award-winning presenter; media spokesperson, accomplished author.



FRANS FERDINAND, Co-Founder & Mastermind of Paradigm Fitness Indonesia, Dance Icon ID, & Creativepreneur. Frans' love for dance & music helped him develop his career as a gifted choreographer & dancer. Has won several national & international competitions. Has also performed overseas and delivered workshops internationally.



HELEN VANDERBURG, B Kin is Owner of the ACADEMY Fitness Studio, author of Fusion Workouts and helenvanderburg@home education for movement professionals. With over 35 years of experience in club ownership, consulting and program development. Helen has been recognized as Canada's top fitness educator and is the 2018 Lifetime Achievement Award recipient by CanFitPro, IDEA Program Director, Fitness Presenter of the Year and Global Top Industry Contributor. Helen is the Fitness Education Manager for Balanced Body and has consulted for NIKE, Total Gym, BOSU, Schwinn Cycling and Core Health.



HIROFUMI TANAKA, B.A. in physical education/martial arts, M.S. in human bioenergetics and Ph.D. in applied physiology, completed his postdoctoral fellowship in cardiovascular physiology at the University of Colorado at Boulder. He is a Professor and the Director of the Cardiovascular Aging Research Laboratory and the program coordinator for the Exercise Physiology program at the University of Texas at Austin. In the fitness field, he is best known as the inventor of the "Tanaka equation" to derive maximal heart rate based on age.



JJ SWEENEY has over 35 years of professional expertise. An accomplished entrepreneur who has left a lasting mark on Indonesia's fitness industry. He co-founded the enormously popular Celebrity Fitness. Founder of both Paradigm Fitness and Indonesia Fitness Academy. JJ is a lifelong learner who is always seeking for new ways to broaden his knowledge of health and fitness. By sharing his skills and experience, he intends to inspire the next generation of fitness professionals.



JOAN LIEW, NSCA CSCS, ISSN CISSN, Dip Sports and Wellness Management, Dip Health Studies (Nutrition), BA Marketing, started her fitness career as a personal trainer in 1997, and by 2000, she received her first Gold Medal at the Asian Bodybuilding Championships. Joan has since been running fitness clubs around the region, working her way up to the role of a Fitness Manager with a team of 40 trainers under her lead by the age of 24 in Singapore. Joan consistently enhances her skills with knowledge through certification courses and workshops over the years.



JONATHAN MIKE, PhD, currently teaches in the exercise science and sports performance program at Grand Canyon University in Phoenix, AZ. He has worked as a strength and conditioning coach and has contributed to dozens of online fitness, strength, and consumer outlets in the country. He has been involved with NSCA and previously served on numerous committees and special interest groups and has spoken at over 60 events including many for NSCA, and ISSN, NASM, and numerous other fitness organizations. Jonathan has authored numerous peer-review and scientific publications and has written 10 book chapters related to sports nutrition and strength and conditioning. Jonathan is a sought-after presenter nationally and internationally. He is currently writing a book for Human Kinetics on Strongman Training for Strength and Performance



KAMONCHAI RATTANADECHAKUL, B Sc, ACE and NSCA CPT, NSCA CSCS, ASCA L1 coach, has over 15 years of experience in planning strength and conditioning training with and for athletes. He is currently working for the Thailand Fencing Federation in preparing athletes to participate in the 2023 SEA Games and the Asian Games. He is also a full-time instructor and the Training Manager at Fitness Innovations (Thailand) Limited or Fit Thailand



KRISADEE BODHIDATTA (Pat), MPh, RD, CDT, BSc is a Registered Dietitian and a Certified Dietitian of Thailand, and has been practicing in the nutrition field for 25 years. She is the Nutrition Consultant at Theptarin Hospital and Live Well Living, guest lecturer at several universities in Thailand, and is the Nutrition Coach for the Adidas Runners Bangkok. She believes nutrition is about creating a healthy relationship with food, and her counseling approach is based on Intuitive Eating and Health At Every Size(R) principles.



KRIYOT SUDSA-ARD He holds a master's degree and is currently pursuing a Ph.D. in sports science from Mahidol University and has at least 5 years of experience working as a personal trainer at California Fitness Co., Ltd. He also has experience in providing nutritional advice to amateur international boxing athletes in Thailand. As well as enhancing the performance of the Thai national beach volleyball team. He was formerly the lecturer of the Health Sciences Bureau, Mae Fah Luang University He is currently a lecturer at the Faculty of Interdisciplinary Medicine, Thammasat University



LAWRENCE BISCONTINI, M.A. has made fitness history as a Mindful Movement Specialist winning awards including the Inner IDEA Visionary Award. Lawrence works as philanthropist, Presenter, Keynoter, and Course Development Specialist for various companies including ACE, AFAA, FIT, and NASM, serving on the Advisory Boards for the International Council on Active Aging, Power Music®, and the International Spa Association as reporter-in-the-field for its #ispalnterviews series. Lawrence teaches with yoga RYT 500 and decades-long certification experience. His company, FitnessGroup2000 offers both scholarships to professional conferences and #fitnessidol competitions on several continents. Lawrence runs fitCamps in Puerto Rico in the winter months and has authored more than a dozen books.



LUCIANO MOTTOLA, DPT, is one of the most influential international fitness presenters in the World. Doctor of physiotherapy, President of "IFHA" -International Fitness & Health Alliance, he is known by his classes (Aerodance, Step Dance, Step Methodology, Aerobic Choreography, Functional Step, Functional Training, Body Weights, Posture Correction) in more than 45 Countries. Elected "Instructor of the Year" in Italy in 2006 (Rimini Wellness) and also elected "The best International Presenter" in Poland in 2012 (EU4YA) Luciano in 2013, 2014 and 2016 is a Special guest at IDEA World Convention Los Angeles United States.



MARINA SUBHANANTA is the Zumba Education Specialist (ZES) in Thailand. She has been a Zumba Instructor since 2014 and has been Zumba Education Specialist for 3 years. Marina trains and creates Zumba Instructors along the way, which she loves as she loves teaching and spreading Zumba love to the community.



MARTIN REFALO, PhD candidate, MSc, BSc. is a physique coach at JPS Health & Fitness and university teacher with an intense passion for scientific thinking and its role in answering important questions. Martin has eight years of coaching experience that is accompanied with experience in bodybuilding and continual education through academia. He is currently researching muscle hypertrophy. Martin has an intense passion for scientific thinking and its role in answering important questions. Currently, Martin is researching the influence of resistance training proximity-to-failure on muscle hypertrophy. Martin is committed to "raising the standard" of the fitness industry by continually learning and educating students worldwide, whilst standing by his core values: self-development, professionalism, humility, and grit.



MICHELLE VO has a passion to motivate and inspire continued to grow, I began to shift and restructure my career toward helping others achieve their greatest health & fitness potential which then led me to become chosen as the Zumba Education Specialist to certified Zumba instructors and lead the whole Zumba community for Vietnam.



MINDY MYLREA is an award-winning fitness presenter, World Aerobic Champion, international presenter, author, motivational speaker, video personality, and CEC provider. Mindy is the creator and lead talent behind Gliding, Tabata Bootcamp, Extreme HIIT Chaos, and the non-profit One Day to Wellness. She is a master trainer for Schwinn Cycling, Body Bar, and Bosu.



MONTHIRA LERAT, (Bambi) is a Zumba® Education Specialist (ZES™) and has been dancing since the age of 4. A former competitive dancer in Ballet and Jazz. She discovered the love for Latin Dances at the age of 16 and has never stopped dancing. With also a background in performance arts, she loves to dance and perform and always gives it her 100%. Every single class she teaches, she brings the party vibes and connects to every song through musicality, emotions, and expressions. So that everyone feels connected in the same way. Bambi believes "Dance is a universal language, we all understand each other through the art of motion through music. A safe space for everyone to feel like they belong".



NATTAWAN JITRAT is a former 2nd runner up Miss Thailand Universe 2001 and ex-news anchor in national television. With her experience in teaching Yin Yoga classes and workshops more than 10 years and teacher training course since 2019, she is a well known senior Yin yoga teacher in Thailand. She has more than 7,500 followers in [www.facebook.com/ YinYogaThailand](http://www.facebook.com/YinYogaThailand). Her online Yin yoga courses is also widely popular among yoga practitioner. Nattawan completed 200-hr Yoga Teacher Training Course from Fitness Innovation (Thailand) in 2010, 100-hr Yin Yoga Teacher Training Course and all advance Yin Yoga courses with Victor Chng (Yin Yoga in Asia). She further studied myofascial release, body reading and structural integration with Tom Myer and his co-teachers. By applying Anatomy Trains knowledge, Nattawan teaching focus on myofascial release, creating space and releasing unhealthy hinges to promote the energy flow and better body alignment via a traditional yoga pose with micro movement techniques. She calls this practice "Yin Yoga for Myofascial Release & Structural Balance"



NATTHAPONG CHAMPACHAN, B.Sc., is now a Master Trainer of Dance and Group X for Jetts Fitness Thailand. He was a POUND ICON (Pound Master Trainer) from POUNDFIT and Master Trainer of GFIT for Fitness Innovations (Thailand) Ltd . Kero is the founder of K Studio Training Center in Thailand which brings International Group Exercise programs to Thailand. Kero is regularly invited as a guest lecturer to give talks to sport science students at universities around Thailand. With over 18 years' experience in fitness and training, Kero is inspired and excited to master new and innovative ideas and techniques. He sees learning as a continuous process and is proud to share it with you.



NAPASAKORN CHUENSIRI He is a lecturer in Exercise Physiology at the Faculty of Sports Science, Chulalongkorn University. In addition, Dr. Napasakorn has passed the training and received a certificate of coaching in Certified Strength and Conditioning Specialist (CSCS) from the National Strength and Conditioning Association (NSCA).



NICHA YONGYUENNARN หรือ Chao เป็นครูฝึกสอนการออกกำลังกายแบบกลุ่มที่ได้รับรับรองจากสถาบัน Les Mills มากกว่า 8 ปี เป็นผู้ทีหลงใหลและรักที่จะนำความสุขไปสู่ผู้อื่น ปัจจุบัน Chao เป็นครูผู้นำสอนคลาสการออกกำลังกายแบบกลุ่มของ Les Mills อยู่ที่ Virgin Active, Jetts 24 Hour Fitness, Fitness 24 Seven, และที่ Sindhorn Wellness by Renense



NICK TUMMINELLO, ACE CPT, NCSA CPT, has been a trainer for over 20 years working with NFL and MMA athletes, bodybuilders, and fitness enthusiasts. Nick is the 2016 NSCA Personal Trainer of the Year, the editor-in-chief of the NSCA's PTQ journal, and he has authored four books, has produced more than 20 instructional DVDs, and is the coauthor of the NSCA's Program Design Essentials and Foundations of Fitness Programming. Nick is the owner of Performance University International, which provides strength training and conditioning for athletes and educational programs for trainers and coaches all over the world. As an educator, Tumminello has become known as the "Trainer of Trainers". He is a sought-after presenter for national and international fitness conferences around the world.



PANUWAT RONGBANDIT Kelvin เป็นครูฝึกสอนการออกกำลังกายแบบกลุ่มที่ได้รับรองจากสถาบัน Les Mills มากกว่า 8 ปี เป็นผู้ทีชื่นชอบการออกกำลังกายของ Les Mills เพราะมีความเชื่อว่าการออกกำลังกายในรูปแบบนี้ สามารถนำพาสุขภาพร่างกายที่แข็งแรงให้แก่คนทั่วไปได้ และคลาสสอนทำให้การออกกำลังกายมีความสุข ประกอบกับการผสมผสานระหว่างเสียงเพลงกับการเคลื่อนไหวที่นำดินแดนใจ ปัจจุบัน Kelvin เป็นครูสอนการออกกำลังกายแบบกลุ่มนี้อยู่ที่ Virgin Active ประเทศไทย Kelvin รักการสอนเพราะการสอนทำให้มีความสุข เมื่อเห็นคนที่มาออกกำลังกายแล้วมีสุขภาพที่ดีและแข็งแรงขึ้นในทุกๆ คลาส และชอบที่จะเห็นผู้คนที่กลับมาออกกำลังกายร่วมกัน ได้สนุก ได้พบปะกับเพื่อนใหม่ๆ ตลอด



PATIPARN JEARAWATTANASAWADI He holds a Bachelor of Science degree from the College of Sports Science and Technology from Mahidol University and has a certificate of personal trainer accredited by FIT and internationally from ACE with at least 5 years of personal training experience at Cascade Club. He is currently an Exclusive Rockstar group fitness instructor at Virgin Active Thailand. He is a certified group fitness instructor and presenter of the Body Pump program from New Zealand's most prestigious Less Mills group fitness institute.



PAWIDA YIMPLOY (Kru Ing) Entered the fitness industry in 2007, teaching group fitness classes in Thailand's leading fitness centers. Experience in teaching group classes both domestically and internationally. Kru Ing was a master trainer in the Barre Intensity program.



PETER TWIST is a lifelong educator, authoring 1,200 papers, 20 books, 44 DVDs and 22 certification courses. In sport, Twist coached NHL hockey and led China Olympic training, winning the NSCA's President's award. In business, Twist built 12 athlete training facilities and his own product line. Personally, he defeated Stage 4 cancer, today staying fit in the mountains. Presenting at AFC since its inception, Twist loves Asian culture, people & history.



PIMRUK SINSOMBOONTHONG Bachelor's Degree in Physical Therapy, Faculty of Interdisciplinary Medicine and a Master's Degree in Mental Health from the Faculty of Medicine, Chulalongkorn University. In addition, she has undergone training in various disciplines, both domestic and international, related to physical aspects to promote proper and safe movement, as well as sports therapies that will help to prevent and treat injuries. She also hold a certificate as a master trainer for "Rock Tape" muscle support tape from the United States.



PRINN NOPSIRI Benz เป็นครูฝึกสอนการออกกำลังกายแบบกลุ่มที่ไม่ได้รับรองจากสถาบัน Les Mills มากกว่า 15 ปี ปัจจุบันเป็นครูผู้สอนการออกกำลังกายแบบกลุ่มนี้ที่ Virgin Active ประเทศไทย Benz เป็นครูผู้สอนคลาสออกกำลังกายแบบกลุ่มนี้ เนื่องจากเคยเข้าร่วมคลาสแล้วรู้สึกรักและชอบการออกกำลังกายในรูปแบบของ Les Mills นี้ Benz เชื่อว่าการออกกำลังกายของ Les Mills เป็นการผสมผสานที่นอกจากจะทำให้มีสุขภาพร่างกายที่ดีแล้วยังสามารถทำให้ได้ประโยชน์ทางด้านอารมณ์และจิตใจที่ดีขึ้นด้วย Benz จะมีความสุขเมื่อเห็นผู้คนที่มีการเปลี่ยนแปลงชีวิตไปในทางที่ดีขึ้น



RANELL HOBSON, MSport Coaching, BA Sport Science and Sport Coaching, ASCA L2 Pro Scheme Coach, NSCA CSCS, L3 Australian Track & Field Coaches Association Coach, is a 25 + year Sport and Fitness Industry leader and an award-winning presenter. Ranell is the founder of the Academy of Sport Speed Australia (ASSA) and a Strength and Conditioning coach with a specialty in running speed and strength. Known as the Queen of Speed, Ranell works with athletes across a multitude of sports getting them fitter, faster, and stronger for season-best performances.



SAMUEL SCHEPIS, BA, BL, Level 3 and 4 CPT, is one of the owners of JPS Health & Fitness based in Melbourne Australia. He has spent over a decade coaching in person and online, as well as delivering further education for fitness professionals in various capacities locally and internationally. With over a decades coaching experience working in the trenches and over 25,000 coaching sessions he is well versed in what it takes to be a successful coach and ultimately help each client not only improve their health and fitness but enjoy the process and reach their goals. Samuel is also a National Powerlifting Champion, ex-National-record holder, and a Pro Bodybuilder. He demonstrates a passion for self-betterment, pushing the boundaries and challenging oneself in his own training and life.



SASHA OSHKIN has over 20 years' experience in the dance and fitness industry. He has been an international presenter in more than 46 countries, he is a choreographer, dancer and innovator. One of the founders and choreographers of Jack's Garret Dance School and "Red Bull Iznanka." He is also the creator of the revolutionary system of physical practices called "Simetrica" as well as his own "Aero New Style". Sasha has been the recipient of many awards including "Rookie of Russia 2007", "Mentos Dance", "Fitness Professional 2008". He is a member of a very famous break dance team "Freeze Out". Finally, he is a presenter of hip-hop culture on TV-shows and an organizer of Break dance battles and hip-hop festivals in Russia!



SIRAPOB PUANGIN (ศรุฑิณ) He is a weightlifting coach based at the Iron Hive gym and one of Iron hive's coaching staff with a passion for the sport of weightlifting. Jib offer weightlifting course to those who are interested. His course focus on step by step practice that is safe and effective according to sport science guidelines. It is suitable for beginners who can apply the principles to their own exercise or to conduct a coaching programs for others.



SUPANITHI KHUMPROMMARACH Master's degree in Sports Science (M.Sc.) Chulalongkorn University. He has been a fitness instructor at Fitness First since 2007 and is currently the founder of POP Fitness Studio page (independent fitness trainer and sports team physical fitness trainer) and a lecturer in sports science at Mahasarakham Rajabhat University.



TAWEECHAI CHURAT AUM เป็นครูฝึกสอนการออกกำลังกายแบบกลุ่มที่ได้ใบรับรองจากสถาบัน LES MILLS มากกว่า 11 ปี ปัจจุบันเป็นครูผู้สอนการออกกำลังกายแบบกลุ่มนี้ที่ VIRGIN ACTIVE ประเทศไทย AUM รักที่จะสอนคลาสในรูปแบบนี้ เพราะมีความรู้สึกเป็นอิสระในการออกกำลังกาย นอกจากนั้นคลาสของ LES MILLS มีการใช้เพลงต่างๆ ที่มีรูปแบบเฉพาะและน่าตื่นตาตื่นใจ โดยเฉพาะกับ AUM ซึ่งเป็นผู้ที่ชื่นชอบในเสียงเพลงอยู่แล้ว AUM มีคำขวัญของตัวเองว่า “ไม่มีเสียงเพลง ไม่เกิดความฝัน” การเป็นครูสอนออกกำลังกายของ LES MILLS คือความฝัน และฝันนั้นเป็นจริงขึ้นมาแล้ว



TAEHA KIM, BS, MS, is currently a Stick Mobility Master Instructor and teaches Stick Mobility Coach courses in several Asian countries, including South Korea. He has been a personal trainer for the past 16 years, dedicated to the health of many different clients, from the general population to athletes. Kim started his career as an educator in 2013 and became the first Stick Mobility Master Instructor in Asia in 2017. He also trains several top-tier Korean professional golfers at his training studio in S. Korea. kimtaeha@kakao.com Stick Mobility is a training system that improves your mobility, stability, and strength. The system combines joint mobilization, strength training, and deep fascial stretching to increase athletic performance, reduce risk of injury, and accelerate recovery. Additionally, one thing that makes our training system incredible is that it can be applied to many different populations.



TONY STONE, a world -renowned Dance Choreographer, has worked with Britney Spears, Missy Elliot, INSYNC, Beyoncé, Destiny’s Child, Christina Aguilera, Ricky Martin, Gwen Stefani, Will Smith, Jennifer Lopez and Chris Brown. His choreography has been featured by Nike, Fila, Reebok, Mercedes-Benz, BMW, Motorola, G -Star, Gucci, Asics, Proximus Telecom. Tony is a “Legend” in the creation of Dance Fitness, bringing his unique creativity, musicality, and passion in dance to the fitness sector. Awards and nominations include Best Choreographer, Best International Instructor & Presenter, Lifetime Achievement Award, Nike World Class Top Instructor & Choreographer and Best International Presenter & Choreographer. His latest creation is DANCE GLAM by DFN®



VARAVICH JARUEKSILP (Kru AM), BA, has worked as a yoga teacher since 2006 (Bikram Hot Yoga and Vinyasa certified) and a Pilates instructor since 2009. Kru AM is internationally trained through many methods and styles: he is a CoreBarre, CoreSuspend and CoreReform Smart Movement® Master Trainer and was an Instructor Trainer for Pilates Academy International. Kru AM is the first and only Thai graduate from the Atlas Pilates Diploma program, the classical Pilates studio in Seattle. His mentor is Lori Coleman-Brown, Master Instructor and Director of Education of Atlas Pilates, who was honored by Romana (Joseph Pilates’ Protegee) who asked her to be a Pilates Teacher Trainer and reached Master Teacher Trainer (Level2) in the Romana’s Pilates organization.



WARUT PROMSRI (Poon), CSCS, XPS, NSCA-CPT. Founder of PXP Studio in Bangkok and strength and conditioning coach for Supreme women volleyball club. I started my personal trainer career in 2014 since I graduated NSCA-CPT certification at FIT Thailand. In 2015, I had a chance to work with Chulalongkorn University women’s volleyball as a strength and conditioning coach. To become a full-time strength and conditioning, I decided to convert from a personal trainer to a strength coach in 2016. My strength coach background career not only women’s indoor volleyball but also rugby, women’s beach volleyball, men’s indoor volleyball, basketball, badminton, football. My job is to keep the athletes in high performance and also preventing the injuries.



WAEWTA THAMPHIBAL She has been practicing yoga alongside various fitness exercises since 2004. Then she stopped Yoga & other exercise when returning to work fulltime until the body weight increases to 80 kilograms, starting to have knee problems, office syndrome and various diseases that come with obesity. So she decided to return to yoga, one of the few exercises that obese people can do. She starts practicing yoga regularly Since 2009 then decided to take a 200-hour yoga teacher training course with teacher Jimmy at FIT Thailand. After graduation, she practices various form of yoga until she fall in love with Yin Yoga and decided to dedicate her main training and study focusing on Yin Yoga, especially the style of training of teacher Victor Chang, founder of Yin Yoga Asia. In addition, she has an interest in Injury rehabilitation and has attended the Phases of Musculoskeletal Rehabilitation and Nutrition for Health Care course.



WIMOMMAS PRACHAKUL She is an expert in sports psychology with more than 20 years of experience in this field, providing advice, mentoring and enhancing the mental performance of athletes from the youth level. to professional athletes and national team athletes in various sports. This includes esports athletes of the Esports Association of Thailand to participate in the 2021 SEA Games. In addition, Wimolmas serves as a lecturer at A, B, and C level, football coach license of the Football Association of Thailand. She now works as a sports psychologist based at STB Academy.



YURY ROCKIT B.A. M.A., brings a fresh approach to fitness, combining mindfulness and movement from different disciplines and sharing his expertise at a number of national and international events (e.g. SCW, IDEA, AFC, and CanFitPro, Nike Super Workshop). Yury exudes fitness versatility as a land and aqua certified group fitness instructor, personal trainer, mindful movement and meditation specialist, certified life coach, and a world-renowned continuing education provider. Yury has won an SCW Instructor of the Year Award and has appeared in internationally selling instructor training videos for specialty groups including active aging and the workout series for NBC’s “The Biggest Loser.”



YUTTANA PONCHAROEN (Jimmy) BA./PE., E-RYT.500, YACEP., IRYT.500, ACE/PT. Jimmy has teaching yoga in Thailand and around more than 20years, learns and practices yoga with a lot of famous yoga guru around the world. Jimmy is Yoga course director (Fitness Innovations Thailand), Has been teaching yoga course for several yoga teachers in Thailand. Jimmy is a presenter/speaker at several yoga conferences/yoga festivals in Thailand and around.



**ASIA FITNESS
CONFERENCE 2023+**
20-22 OCTOBER
BITEC, BANGKOK, THAILAND
BOOTH NO. A11,A12
(2nd FLOOR)



Thai Centri (1995) Co., Ltd.
Address: 44/5 Moo 5, Soi Klongmadua11, Setthakijj Road,
Klongmadua, Kratumban, Samutsakorn 74110 Thailand
Tel: (6634) 878-128-9
E-mail: info@thaicentri.com
Website: www.thaicentri.com



Facebook Fan page

#ChrisPowerTH

COMPETITION INFORMATION

ASIA
FITNESS
CONFERENCE **PLUS**
2023

Competitions



STAR POWER
COMPETITION
Bangkok • Thailand

AFC 2023
DANCE
COMPETITION

FRIDAY, OCTOBER 20TH, 2023 Sponsored by: **ChrisPower®**

We invite you all to come join the exciting AFC 2023 STAR POWER Dance Competition to be held in BITEC, Bangkok, Thailand!

Come celebrate dance through this fun competition on **Friday, October 20th, from 11:15 to 12:15 PM**. The aim of this competition is to bring people together in a celebration of shared love and respect for dance, music and performance.

RULES:

- The event this year will have an Individual category for singles and a Group category of 2 or more dancers.
- All styles are welcome (urban, traditional, jazz, etc.) in dance and dance fitness.
- All performers must provide their own music.
- Performances are limited to a maximum of 3 minutes. Anything going over that time limit will be penalized points off the final score.
- Provide the audience with a positive image of dance and dance fitness
- Create a good atmosphere that provides encouragement for fellow competitors

JUDGING:
The judging panel will include Tony Stone as the head judge who is a world-renowned dance choreographer and performer along with 2 other very qualified regionally renowned dancers and choreographers. The judging panel this year will include:



TONY STONE



SASHA OSHKIN



FRANS FERDINAND

PRESENTER
DISCOVERY AWARD
CONTEST
Bangkok • Thailand

AFC 2023+
PRESENTER
DISCOVERY AWARD
SATURDAY, OCTOBER 21ST, 2023

This application form is to apply for AFC 2023+'s Presenter Discovery Competition (formerly #fitnessIdol) Competition so as to be discovered and fast-tracked as a first-time fitness presenter with support and prizes. AFC fitnessIdol ran at AFC events for over 10 years before the pandemic. This year, we rebrand it and we continue to welcome and celebrate future presenters with professionalism, excellence, diversity, equity, inclusion, and quirkiness.

MISSION & PURPOSE:
The purpose of the competition is to convince the Judges' Panel in 3 minutes that, in their combined experience of decades of watching different kinds of fitness professionals, they would want to experience an ENTIRE AFC session presentation with you and your message.

TO QUALIFY.....:

- you have not professionally presented in your country in-person or virtually beyond your local group network trainings;
- you consider yourself to be someone who knows what you're doing, a true Subject Matter Expert-In-the-Making in what you want to present;
- you have NOT won any other #fitnessIDOL award elsewhere;
- you consider yourself innovative, cutting-edge, exhibiting leadership and role-model characteristics;
- you would welcome a big break to be considered as an international presenter and be able to fast-track your career by this win;
- you MAY have assisted other presenters but CANNOT have presented anything on your own in any professional on-line or in-person continuing education opportunity.
- you must be registered for the AFC 2023+ in-person convention at BITEC, Bangna, Thailand.
- You CAN have presented your own educational workshops at small gatherings but you CANNOT have presented company-branded workshops because this qualifies you as a "presenter" for a fitness company.

PROCESS:
Please complete and submit this form. We will notify you about the success of your application and about when you will be slotted to present a condensed, ***THREE MINUTE*** version of your session in ENGLISH or THAI in person at AFC on Saturday 21 October 2023.

- WHEN: Saturday, between 11:15 AM and 12:15 PM
- WHERE: Showcase Session Stage in the Main Exhibition Area, opposite room GH 201.

Organised by:

Equipment Sponsor:

**KETTLEBELL
COMPETITION**
Bangkok • Thailand

AFC 2023+ IKSFA ASIA KETTLEBELL CHAMPIONSHIP 2023

SATURDAY, OCTOBER 21ST, 2023

Welcome to the inaugural edition of the IKSFA Asia Kettlebell Championship (2023), supported by the Asia Fitness Conference – <https://www.asiafitconference.com/> – which will be held on 21 October 2023 in Bangkok. The popularity of the Russian Girevoy Sport has enjoyed a healthy uptrend and the benefits of kettlebell training has been experienced by many. We are pleased to be able to contribute to the growth of this strength endurance-loving community.

This event follows the official IKSFA Rules and Regulations unless otherwise stated. You may refer to the latest IKSFA Ranking Table here – <https://bit.ly/3xKS000>

* Registration will close on **24 Sept 2023** OR when slots are full.

** Registration fee includes your Certificate, Event Tee and Goodie Bag. Medals will be awarded to winners within their category. Registration fees are normally nonrefundable, except for special cases.

WHEN AND WHERE

AFC 2023+ IKSFA Asia Kettlebell Championship (2023) will be held on **Saturday, 21 October 2023** at BITEC, Bangna, Bangkok. THAILAND.

EVENT

You must specify the event you are entering: either the Long Cycle (5-mins or 10-mins) or Snatch (5-mins or 10-mins) as well as the Kettlebell weight you will compete with. Once registered, you may change your choice of event, up to 24 Sept 2023. No change is allowed thereafter.

Click here for the official rules & regulations.

REGISTRATION FEES

Early Bird – 1250 THB or USD\$35 or SGD\$49 (now till 31 July 2023)
 Regular – 1535 THB or USD\$45 or SGD\$63 (1 August 2023 till 24 September 2023)
 Application form

English version: Please click [HERE](#) to access, complete and submit your application.
 Thai version: Please click [HERE](#) to access, complete and submit your application.

Sponsored by:

PERSONAL TRAINER OF THE YEAR

Bangkok • Thailand

AFC 2023+ PERSONAL TRAINER OF THE YEAR AWARD

SUNDAY, OCTOBER 22ND, 2023

The AFC Personal Trainer of the Year Award recognizes the Personal Trainer who embodies the traits of an excellent role model for personal trainers in Asia. We are seeking someone with a professional demeanour, who delivers quality training practices to a variety of clients, who offers community service and who contributes positively to the growth and development of the industry. Many great prizes will be given to the winner along with the beautiful trophy.

You may apply for yourself if you are eligible based on the criteria below.

ELIGIBILITY CRITERIA:
 Candidates to AFC 2023+ Personal Trainer of the Year Award must:

- Have been in the industry for at least 2 years
- Spend at least 15 hours per week training clients 1-on-1 or in small group personal training
- Have demonstrated exceptional leadership, motivational and instructional skills
- Have empowered and inspired your clients to greater personal growth and higher level of function, health, fitness or performance
- Be a registered AFC 2023+ delegate.

Please click [here](#) to complete the application.

PERSONAL INFORMATION REQUIRED
 You will be asked to complete the following information on the application form:

- Please indicate which part of the world you live and work in
- Please attach a headshot
- Please answer the following questions:
 1. Provide 3 principles (values or beliefs) that guide your training. (100 words or less)
 2. How long have you been training clients, either one-on-one or in a group?
 3. Why do you believe you are a worthy recipient of this award e.g. how do you positively impact your clients and/or the fitness industry as a whole?
 4. How have you contributed to promoting the fitness industry (includes programming, services, education) as a whole or the professional credibility of the fitness/personal training industry.
 5. How have you participated in community events and outreach programs (e.g. fundraising, awareness campaigns, published articles, interviews, lectures/ demonstrations to the public, etc.)?
 6. How have you helped make the fitness industry more welcoming and inclusive to all?
 7. What certifications and or degrees do you currently hold?

ZUMBA®



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+ SAVE 70%
ON YOUR
ZUMBA® TRAINING**

WITH CODE: **TSZUMBA70**

EXHIBITION INFORMATION

ASIA
FITNESS
CONFERENCE PLUS
2023





SPONSORS AND EXHIBITORS DESCRIPTIONS

FIT

- ORGANISER
- EXHIBITOR: **BOOTH A1-A2**



Type of business: Private company

Products and services: Fitness Education and Training Centre, Certification Provider

FITNESS INNOVATIONS (THAILAND) LIMITED

Fitness Innovations (Thailand) Limited,
884,886 Ploenchit, Lumpini, Pathumwan
Bangkok, 10330 Thailand
(02) 650-9242
support@fitthai.com
www.fitthai.com

Fitness Innovations (Thailand) Ltd., or FIT®, is Southeast Asia's first education and training centre dedicated to developing world-class fitness professionals. We also raise awareness among fitness enthusiasts about the benefits of a healthy lifestyle through learning opportunities focusing on safe and effective fitness programs, mind-body, health and nutritional issues. FIT® is committed to enriching quality of life and wellness of society, improving fitness and enhancing athletic performance through safe and effective exercise.

AMERICAN COUNCIL ON EXERCISE

- PROFESSIONAL EDUCATION PARTNER
- EXHIBITOR: **BOOTH C1**



Type of business: Fitness Education

Products and services: Education and Certification Provider

4933 Paramount Drive
San Diego, CA 92123, United States
Tel (+ 1) 858 5766550
anthony.wall@acefitness.org
<https://www.acefitness.org/>

Since 1985, the American Council on Exercise (ACE) has been the leading nonprofit education and certification provider for health coaches and exercise professionals in the United States and around the world.

With more than 90,000 highly respected certified health coaches and exercise professionals, ACE Certified Professionals are on the ground daily helping people move, stay active and make lasting lifestyle behavior change to build healthier communities.



SPONSORS AND EXHIBITORS DESCRIPTIONS

NASM/AFAA

- PROFESSIONAL EDUCATION PARTNER



Type of business: Fitness Education

Products and services: Education and Certification Provider

355 E. Germann Rd., Ste 201
Gilbert, AZ, 85297
United States
(1) 800-460-6276
programinfo@nasm.org
<https://www.nasm.org/>

The National Academy of Sports Medicine (NASM®) and the Athletics and Fitness Association of America (AFAA®) are global leaders in Fitness, nutrition, and wellness certifications with more than 70 years of combined expertise We are helping Fitness professionals and enthusiasts transform lives in over 100 countries.

REPS INDIA

- PROFESSIONAL EDUCATION PARTNER
- PRIZE SPONSOR: **PT OF THE YEAR**



Type of business: REPS India is a non-profit organization

Products and services: REPS India is a public register which recognises the qualification and expertise of exercise instructors.

Register For Exercise Professional India Foundation

REPS India, Unit 4, Ground Floor,
Edmonton Shopping Mall,
Bright Star Plaza, Sikanderpur
+ 971 50 152 5995
info@repsindia.org
<https://www.repsindia.org>

"REPS India is the sole membership organisation in India that represents the International Confederation of Registers for Exercise Professionals (ICREPs). This is an international partnership between registration bodies around the world that register exercise professionals. There can only be one recognised register from each country.

REPS India has been operational since five years and currently has more than 6500 members in the registry.



SPONSORS AND EXHIBITORS DESCRIPTIONS

One of the important purposes of ICREPs is to promote portability of qualified exercise professionals through the co-operation and affiliation of national registration schemes. ICREPs exists to serve the worldwide community of exercise professionals through an agreed framework of knowledge and competency standards which are set for professionals and agreed internationally. They are recognised through an independent registration process.

REPS India has portability agreements with the following member registers of the Confederation: Australia, Ireland, New Zealand, Poland, South Africa, United Arab Emirates.”

CHRIS POWER

- EQUIPMENT SPONSOR
- EXHIBITOR: **BOOTH A11-A12**

ChrisPower[®]

Type of business: Manufacturer and Exporter

Products and Services: Fitness & Rehabilitation

Thai Centri (1995) Co., Ltd.
44/5 Moo 5, Soi Klongmadua 11,
Setthakij Road, Klongmadua Kratumban ,
Samutsakorn 74110 Thailand
+66 34 878128-9
kanmanee@thaicentri.com
<https://www.thaicentri.com>

Thai Centri has been established since year 1995 by using knowledge knowhow of latex tubing production from Centri AB Sweden. The turn-key project had been moved totally to Thailand since year 1995 and later. We had developed the process to suit our location and make quality products for the world market.



SPONSORS AND EXHIBITORS DESCRIPTIONS

COMPLEX / NOVATEC

- EXHIBITOR: **BOOTH B1**



Type of business: Medical equipment

Products and services: The journey of Compex begins in 1986, when ABB-BCC Secheron, a leading industrial electronics and technology company, created the subsidiary MediCompex SA in Geneva, Switzerland. In the time since then, Compex has become the world leader in portable muscle stimulators which help improve performance & recovery in sports.

Novatec Healthcare Co., Ltd.

599/15-17 Moo5 Srinakarin Rd., Samrong-Nua Muang Samutprakan 10270,
Thailand.
<https://www.compex.com>

Our goal is to seek and provide innovative and quality medical and healthcare products and services

ECO LIFESTYLE THAILAND

- EQUIPMENT SPONSORS
- EXHIBITOR: **BOOTH A6 - A7**
- ORGANISED AFC 2023+ CHARITY DUATHLON SERIES



Type of business: Fitness Equipments Distributor

Products and services: Our comprehensive packages bring together cutting edge hardware and software technology to support and improve the management of operations and facilities. Through this we have helped both local and international clients; residents' clubhouses, private clubs, hotels and resorts – including professional athletics clubs – to save money and evade problems during the start-up and design stages whilst bringing the latest innovative technology to end-users.

ECO LIFESTYLE FITNESS (THAILAND) CO., LTD

Room 191/88 M floor CTI Tower
191 Ratchadaphisek Rd, Khwaeng, Khlong Toei, Khlong Toei, Bangkok 10110
+802140999
Samantha@ecolifestylefitness.com.hk
www.ecolifestyle.com.sg

“Our vision is to be the leading one-stop fitness solutions provider in Asia by introducing innovative, science-backed and technology-driven solutions to all fitness, sports and health professionals and companies.

With over 2 decades of serving the needs of the sports, fitness and healthcare industries, our central focus is to continue to find breakthroughs for human thriving and flourishing.”



SPONSORS AND EXHIBITORS DESCRIPTIONS

DNA CANVAS

- EXHIBITOR: **BOOTH C8**

Type of business: Hyper-personalized products and solutions based on DNA

Products and services: Medical grade-DNA test (saliva collection tube), Application (Hyper-personalized lifestyle platform), Health report and consultation, Hyper-personalized supplement packs, Stress and arterial health check-up and consulting services.

Genfosis Co., Ltd.

101 Pongtheerathon Building,
Soi Rama IX 60 (Soi 7 Seree 7),
Rama 9 Road Phatthanakan, Suanluang
Bangkok 10250 Thailand
rawikarn.k@dnacanvas.co
<https://www.dnacanvas.co/>

“A health-tech startup focusing on personalized, data-driven, preventive wellness solutions. We provide the professional-graded DNA testing services including DNA sequencing, bioinformatic analysis and report, genetic counselling and health advisor. This would made multiple preventive intervention possible.

Our mission: Shifting to the next era of healthcare and self-care from age of treatment to prevention by employing genetic science and technology to help millions of people live healthier and happier through simple lifestyle modifications that have a lasting positive impact

on their overall health and well-being“



FITNESS FIRST THAILAND

- EXHIBITOR: **BOOTH C4**

Type of business:

Products and services:

<http://www.fitnessfirst.co.th/>



SPONSORS AND EXHIBITORS DESCRIPTIONS

FITNESS EXPERT

- EQUIPMENT SPOSOR
- EXHIBITOR: **BOOTH B9 – B10**

Type of business: Sole Distributor Fitness Equipment.

Products and services: Distributor for world class fitness equipment brands Warranty & After-sales services.

Fitness Expert (Thai) Co.,Ltd.

29,31,33 Krung Thon Buri Rd.,
Thonburi Bangkok
+6695 996 9254
admin@fitnessexpertthai.com
www.fitnessexpertthai.com

Fitness Expert, as a division of North Fitness And Sports, will focus on the needs of commercial fitness operators by providing consultancy in fitness lay-outs, and comprehensive after-sales services, as well as being the sole distributor for world class fitness equipment brands such as Beistegui Hermanos SA, Freemotion, FreeMotion, Drax, Impetus, Fex Fitness, Body Solid, BodyCharger, PowerWave, and BlazePod.



FITTER GEAR

- EXHIBITOR: **BOOTH A8**

Type of business:

Products and services:





SPONSORS AND EXHIBITORS DESCRIPTIONS

FLUID X

- EQUIPMENT SPONSOR
- EXHIBITOR: **BOOTH B2**



Type of business: Retail - Exercise Equipment

Products and services: The FX are aqua training bags suited for a wide range of exercises including squats, lunges, lifts, curls and swings. While the Fluid X Boba is similar to a medicine ball, the Fluid X Tank can be used like a sandbag to train. However, that's where the similarities end. Made of eco-friendly PVC, the Fluid X gives you the option to fill the bags with air or water up to 20 kg to match your training process. Drained, the bag can easily be stored or taken on a trip. Training with aqua bags promote instability training, a form of training that engages all of the body's stabilizing muscles for stronger core, performance, and co-ordination.

Fluid X Limited

27/F Beautiful Group Tower, 77 Connaught Road Central,
Hong Kong
+85262214705
wendy@thefluidx.com
www.thefluidx.com

"One Aqua Bag, unlimited workout possibilities.

Fluid X, a fitness community founded by sisters Wendy and Winnie. When the pandemic forced gym closures, they adapted and started training at home, where Wendy discovered aqua bag training. Inspired by its versatility and fun, they conceived the vision for Fluid X: a community of trainers and fitness enthusiasts coming together for challenging workouts. Their mission extends beyond workouts, as they focus on educating and showcasing how fitness can improve our lives. Aileen Wong and Tiara Hoquee joined the team to create educational content, further establishing Fluid X as a hub for learning and promoting a healthy, vibrant life."

IKSFA

- ORGANISED AFC 2023+ IKSFA ASIA KETTLEBELL CHAMPIONSHIP 2023 (THAILAND)



Type of business:

Products and services:



SPONSORS AND EXHIBITORS DESCRIPTIONS

JOINFIT PRO

- EXHIBITOR: **BOOTH B4 – B5**



Type of business:

Products and services:

IDEA KOREA

- EXHIBITOR: **BOOTH C7**



Type of business:

Products and services:

INNERLYFE CORPORATE

- EXHIBITOR: **BOOTH C5**



Type of business:

Products and services:



SPONSORS AND EXHIBITORS DESCRIPTIONS

KARNER

- EXHIBITOR: BOOTH B3



Type of business: Fitness Bags for the office to the gym.

Products and services: We are all in a constant grind, pulling out the warrior within us. Though we all wish that our work hours would breeze us by, we know we need to work hard and workout harder to attain a stress-free lifestyle. So, many are commuting from their home to work and work to workout routes with backpacks, duffel bags, handbags, or a combination of totes, drawstring bags, gym bags, gear bags, messenger bags, and even rolling carry-ons. It's not their best preference, but it hasn't been easy to find the bag that suits their needs. People are looking for a bag with the necessary compartments, flexible for their range of belongings. They wish to organize their laptops and USB charging bank, along with their workout clothes, shoes, and even drinks and toiletries. Many just want comfortable shoulder-straps and backpack-straps, so their large duffel feels less like baggage and more like a simple daypack. But the majority of products in the market that have the space look large and bulky. These products would never fit their work clothes or personal style. Here at Karner, we believe the solution is to have the perfect bag. A bag that is reinforced with durability and quality. A bag that can carry both of your work and gym essentials with style.

Karner Limited

Rm498, 4F Tai Shing Factory Building,
273-279 Un Chau Street
Hong Kong Kowloon
+852 6356 7898
ideas@karnerglobal.com
www.karnerglobal.com

"Founded in Hong Kong, the bag company combines a passion for fitness with pure forms and clean lines. Karner builds upon the concepts of mobility, functionality, mindfulness, and authenticity.

We at Karner believe in a healthy balance between fitness and daily activities. That's why we've designed our fitness bags to be more functional and adaptable, so they fit seamlessly into many aspects of everyday life.

It is important to us to establish a lasting emotional connection between people who resonate with our brand. At Karner, we believe that each fitness bag and lifestyle product has a purpose and serves a function. We believe in creating things that last and creating value for our community."



SPONSORS AND EXHIBITORS DESCRIPTIONS

LES MILLS ASIA PACIFIC

- SESSION SPONSOR



Type of business: Provider of world's leading Group Fitness Training solutions, such as BODYCOMBAT®, BODYPUMP®, RPM®, BODYBALANCE®, and now LES MILLS STRENGTH DEVELOPMENT® and LES MILLS SHAPES®.

Products and services: Les Mills is the global leader in group training and creator of over 23 signature programs including RPM®, BODYBALANCE®, BODYPUMP®, BODYCOMBAT®, BODYSTEP® and BODYATTACK®, as well as Limited Edition Collection workouts such as LES MILLS STRENGTH DEVELOPMENT™ and LES MILLS SHAPES™, which are designed to attract, engage and retain members of all ages including Gen Z and Millennials.

LES MILLS ASIA PACIFIC

Suite 9.01 & 9.03, Level 9, Wisma E&C,
No: 2 Lorong Dungun Kiri
Damansara Heights Kuala Lumpur 50490 Malaysia
+60 3 2720 8621
lena@lesmills.com.au
www.lesmills.com.au

"Les Mills workouts are delivered by 130,000 certified Instructors in 21,000 gyms across 100 countries, as well as via the LES MILLS+ streaming platform and Virtual Reality (VR). For 25 years, Les Mills Asia Pacific has been meeting the group fitness needs of clubs and Instructors in Australia and Southeast Asia. Les Mills Asia Pacific offers the Ultimate Group Fitness Solution to keep members connected to your club, and to reach new audiences with omni-channel fitness solutions.

To learn more about Les Mills Asia Pacific visit www.lesmills.com.au or follow Les Mills Asia Pacific on: Facebook: @LesMillsAsiaPacific | Instagram: @lesmillsasiapacific | LinkedIn: @les-mills-asia-pacific.

MERRITHEW

- EXHIBITOR: BOOTH C3



Type of business:

Products and services:



SPONSORS AND EXHIBITORS DESCRIPTIONS

MUFASA CO., LTD.

- MEDIA SPONSOR

Type of business: Video and photography production

Products and services: Video Production, Photography, Studio Booking, Hair and Makeup, Scriptwriting, Film & Video Producing, Filming, Film & Video Directing and Editing

Mufasa Co., Ltd.

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Khan Na Yao, Bangkok, 10230
Thailand
james@mufasa.co.th
(+66) 094-9283993

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NABOSO

- SESSION SPONSOR
- EXHIBITOR: **BOOTH A5**

Type of business: Sensory-based fitness and foot recovery tools

Products and services: Sensory-based fitness and foot recovery tools including our Neuro Ball, Kinesis Board, Sensory Sticks and Foot Wedges.

6825 W Galveston Street Suite 9
Chandler AZ 85226 USA
917-825-4297
dremily@naboso.com
www.naboso.com

Naboso is a sensory-based health and wellness product company that develops products featuring our patented texture. Product line includes sensory insoles, socks, mats, release tool and fitness accessories. Founded by Podiatrist and Movement Specialist Dr Emily Splichal



SPONSORS AND EXHIBITORS DESCRIPTIONS

ONWARD PILATES

- EQUIPMENT SPONSOR
- EXHIBITOR: **BOOTH B5-B6**

Type of business: Pilates Equipment Supplier

Products and services: Classical Pilates Equipment brand ORIGIN®

ONWARD PILATES

44/19 Moo11 Eakachai Road, Bangkhuntien
Chomthong, Bangkok 10150 Thailand
onwardpilates@gmail.com
www.onwardpilates.com

We produce and supply high-quality Classical Pilates Equipment to Pilates Practitioners, Pilates Studios, and Wellness Business.



ORIGIN PILATES

- SESSION SPONSOR

Type of business: Pilates Studio Classical

Products and services: Pilates studio that provides classical pilates education and sessions.

ORIGIN PILATES CO., LTD

231/16 Rajdamri rd. LumpiniPratumwan, Bangkok 10330 Thailand
service@originpilates.co.th





SPONSORS AND EXHIBITORS DESCRIPTIONS

PIYAVATE HOSPITAL

- SPONSOR



Type of business: Private hospital

Products and services: Pilates studio that provides classical pilates education and sessions.

998 Rimklong Samsen Road (Rama 9), Bangkok,
Huaykwang Bangkok, 10310 Thailand
(+66) 021-295555
online@piyavate.com
www.piyavate.com

Piyavate Hospital is a leading private hospital where has been established for more than 29 years as a 150-bed international level hospital. We also provide the newest medical technology and Specialists in each field with the standard of Hospital Accreditation (HA: Hospital Accreditation) and International Hospital Accreditation (JCI: The Joint Commission International)

POLAR

- EXHIBITOR: **BOOTH C9**
- PRIZE SPONSOR



Type of business:

Products and services:



SPONSORS AND EXHIBITORS DESCRIPTIONS

VARANA HOTEL

- PRIZE SPONSOR
- EXHIBITOR: **BOOTH B8**



Type of business: Hotel

Products and services: Sport and Wellness hotel

Krabi Ying Ruay Company Limited (Head Office)
258 Moo 3 Tambol Nongtalay Amphur Muang Krabi, Krabi Muang 81180 Thailand
0636536564
Champ@varanahotel.com
www.varanahotel.com

"A place that can recharge positive energy and imprint a lifelong memory to every guest. And when they leave, the hotel will also be blessed with their positive impression. An exchange that positively benefits each other."

ROCKTAPE THAILAND

- EQUIPMENT SPONSOR
- EXHIBITOR: **BOOTH A4**



Type of business: Distributor

Products and services: Kinesiology Tape

Apple Holding Co., Ltd

325 Soi Rama2(39) Bangkok, 10150 Thailand
(094) 798-2915
chyapol@appledholding.com
Facebook: rocktapethailand

Apple Holding Co., Ltd. is established in 2013 by the team of healthcare professionals. We have mission to provide high quality of healthcare products and services to meet the need of clients. In order to meet our mission, We have continuity of products/services include an education, medical and sports equipments, and Sports and Rehabilitation clinic.



SPONSORS AND EXHIBITORS DESCRIPTIONS

SKLZ

- EQUIPMENT SPONSOR
- EXHIBITOR: **BOOTH A4**



8 Soi Wachirathamsathit 38, Bangchak, Phraknong Bangkok, 10260 Thailand (66) 941-535491
bestelixir@gmail.com

We aim to deliver the highest quality products to our customers.

SENTINEL FITNESS

- EXHIBITOR: **BOOTH C10**



Type of business: Software solution provider

Products and services: All in one membership

Software Solution Provider,
Management System
2d-3 Gate 2 Hamarain Center,
Abu Baker Al Siddique Road, Deira,
Dubai Dubai Deira 214830 United Arab Emirates

info@sentinelscope.com



SPONSORS AND EXHIBITORS DESCRIPTIONS

SPORTATHLON

- EQUIPMENT SPONSOR
- EXHIBITOR: **BOOTH A3**



Type of business: Fitness Equipment Supplier

Products and services: SPORTathlon offers premium quality fitness equipment for both residential and large scale recreational fitness centers backed with a reputation for excellent customer service. We have accumulated years of experience in taking your ideas from concept design to final installation and operation. Customer satisfaction is the key to our business.

SPORTathlon (THAILAND) LTD.

283/68 Home Place Office Building, 14th Fl,
Soi Sukhumvit 55 (Thonglor 13)
Sukhumvit Road, Bangkok, Wattana,
Bangkok 10110 Thailand
(66) 081-8023672
cw@sportathlon.co.th
www.sportathlon.co.th

"SPORTathlon (Thailand) Ltd. the distributor of recreational fitness equipment. Its operation as a distributor began in 1993. SPORTathlon offers premium quality fitness equipment for both residential and large scale recreational fitness centers backed with a reputation for excellent customer service. We have accumulated years of experience in taking your ideas from concept design to final installation and operation. Customer satisfaction is the key to our business.

Our success is dependent upon the collective energy and intelligence of all our employees. We strive to create a work environment where motivated employees can succeed to their highest potential. We have staff training sessions in all areas, including gym designing, technical service and engineering, becoming a qualified trainer, project management and client management.

Our expertise is in giving you, our valued customers, all relevant information relating to your equipment needs, so you can make the best decisions. We guarantee timely equipment installations, product training and superior after-purchase service. We emphasize on building a strong maintenance team that is reachable seven days per week. In addition, we store thousands of spare parts to fix any equipment breakdown immediately.

SPORTathlon has high standards in selecting products from leading manufacturers worldwide such as USA, Europe and Asia markets to ensure the best product quality and after sales service. We believe that our range of products will suit the needs of all our customers in residential and recreational/fitness facilities. This website is designed to inform our customers about the different product types available, price range and product features. We guarantee that all equipment is of the highest quality, performance and reliability.

Our aim is for all our customers to say "We have made a wise choice in SPORTathlon".

THAILAND SPORTING TRADE ASSOCIATION (STA)

- EQUIPMENT SPONSOR
- EXHIBITOR: **BOOTH A 10**

Type of business: Association

Products and services: As a center for social gathering and cooperation of about 100 members who are manufacturers of sport food, exportings, importers, wholesalers and retailers.

Thailand Sporting Trade Association (STA)

F.B.T Sports Complex no. 537 , Ramkumhang Rd Huamark Bangkok, Bangkok, 10240 Thailand
 sta.thailand64@gmail.com
 (092) 445-1881

The Sporting Trade Association was established since 1980 by the sporting goods companies to be a center for Social gathering and cooperation of about 100 members.

Vision: The sport industry is growing rapidly, Thailand is a leader in ASEAN sport competitions. Therefore, The Sporting Trade Association is striving for the position of top ASEAN sport business.



ZIVA

- EQUIPMENT SPONSOR

Type of business: Fitness Equipment

Products and services: ZIVA® is an elite-performance sports and wellness brand. Distilled to its essence, our brand is driven by the peace of harmony and the joy of living, expressed most powerfully for us through sport, movement, and strength.

98 Yanping Road, Block C 2nd Floor Shanghai
 Jing'an District 200042 China
 sales@ziva.com

Founded in 2008, Ziva is a global fitness brand, known for its standout` inspirational design and precision-made, high quality manufacturing of free weights, functional accessories, functional storage racks and rigs, benches. We offer extensive commercial and home products series.



ZUMBA®

- SESSION SPONSOR

Type of business: Fitness Program

Products and services: Trainings, Classes, Apparel, Music

Zumba Fitness LLC

800 Silks Run, Suite 2310
 Hallandale, FL 33009 The United States of America
 +1 8587224313
 kiki.miranda@zumba.com
 www.zumba.com

Founded in 2001, Zumba® is the largest branded fitness company in the world – reporting more than 18 million weekly participants, in 200,000 locations, across 186 countries. Known as “exercise in disguise”, Zumba® blends contagious world rhythms with easy-to-follow choreography, for an effective, total-body workout that feels more like a party than exercise.

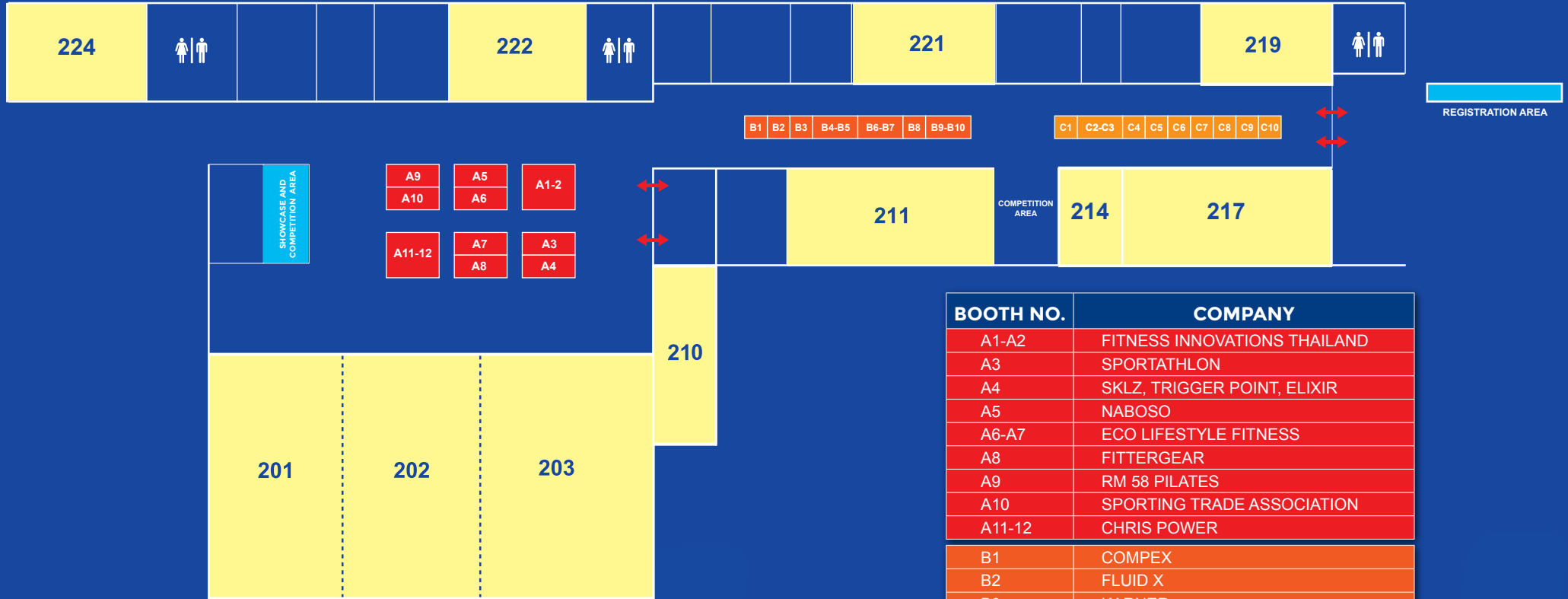
In addition to its original Zumba® program, the company offers 10 Zumba® specialty classes– from aquatic-based to those specifically designed for active older adults and children.

In 2016, Zumba® launched its first non-dance, high intensity workout STRONG Nation®, where music acts as the main motivator.

For more information about Zumba’s programs and products, or to find a live class, visit zumba.com or strongnation.com



EXHIBITION FLOOR PLAN AND EXHIBITORS LIST



BOOTH NO.	COMPANY
A1-A2	FITNESS INNOVATIONS THAILAND
A3	SPORTATHLON
A4	SKLZ, TRIGGER POINT, ELIXIR
A5	NABOSO
A6-A7	ECO LIFESTYLE FITNESS
A8	FITTERGEAR
A9	RM 58 PILATES
A10	SPORTING TRADE ASSOCIATION
A11-12	CHRIS POWER
B1	COMPEX
B2	FLUID X
B3	KARNER
B4-B5	JOIN FIT PRO
B6-B7	ONWARD PILATES
B8	VARANA HOTEL KRABI
B9-B10	FITNESS EXPERT
C1	ACE®
C3	MERRITHEW®
C4	EVOLUTION WELLNESS
C5	INNERLYFE
C6	THUMB TOE THAILAND
C7	IDEA KOREA
C8	DNA CANVAS
C9	POLAR
C10	SENTINEL FITNESS

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