

# Event Schedule

## Thursday

		<b>Room</b>
4:00 p.m.	Pre-Registration	

**Friday - Room One**

	<b>Presenter</b>	<b>Topic</b>
7:00 a.m.	Registration	
9:00 a.m.	Andre Adams	<i>Advanced Glute Training for Physique and Bodybuilding Athletes</i>
10:00 a.m.	Dr. Jen Perez	<i>Build Performance from the Ground Up</i>
11:00 a.m.	Nathan Payton	<i>Insulin manipulation for performance</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Dr. Nathan Bryan	<i>NO and Performance</i>
2:00 p.m.	Dr. Christy Alexon	<i>Nutrition for Rehab and Recovery</i>
3:00 p.m.	Dr. Jordan Moon	<i>The Links Between Body Composition, Metabolism, and Fitness</i>
4:00 p.m.	Kelley Altom	<i>Determining your Genetic Potential Muscle Potential: It can be done!</i>

**Friday - Room Two**

	<b>Presenter</b>	<b>Topic</b>
8:00 a.m.	Nick Lambe	<i>Don't sleep on sleep: Practical strategies that go beyond sleep hygiene</i>
9:00 a.m.	Mike Kocsis	<i>International Stigma around TRT and HRT and How to Overcome it.</i>
10:00 a.m.	Scott Mendelson	<i>Synergistic Training and Nutrition Strategies for Rapid Fat Burning</i>
11:00 a.m.	Dr. George Touliatos	<i>The role of skeletal muscle as metabolic regulator</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Rick Collins, Esq	<i>The Rick Collins Masterclass: Avoiding Legal Nightmares like a Champ</i>
2:00 p.m.	Andre Adams	<i>Importance of Bloodwork and Key Health Indicators for Optimal Performance</i>
3:00 p.m.	Dr. Dane Bartz	<i>Preparing for the KPI</i>
4:00 p.m.	Dr. Perry Nickelston	<i>The lymphatic system for sports performance, recovery and pain</i>

**Saturday - Room One**

	<b>Speaker</b>	<b>Topic</b>
9:00 a.m. - Noon (with intermission)	Rick Collins, Esq. Dr. Robert Seik Dr. George Touliatos Dr. Elizabeth Yurth Mike Kocsis Nathan Payton	<b><i>Roundtable</i></b> <i>TRT, HRT, PEDs</i> <i>Discussion Panel</i> Moderator: Lacy Puttuck
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Nick Shaw	<i>Habits of Success</i>
2:00 p.m.	Dr. Robert Santana	<i>Lifting Techniques and Managing Expectations</i>
3:00 p.m.	Farard Darver	<i>CBD and Recovery</i>

**Saturday – Room Two**

	<b>Speaker</b>	<b>Topic</b>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Sharon LaBrocca	<i>IASIS and Mental Health</i>
2:00 p.m.	Dr. Christle Guevarra	<i>Hypertrophy Training After Rehab</i>
3:00 p.m.	Dr. Donald Ozello	<i>In Sports: Cervical Spine (Neck) Injury Prevention &amp; Rehabilitation</i>
4:00 p.m.	Dr. Steven Cyr	<i>OrthoSculpt: Enhancing the Face &amp; Body with Surgery</i>