

## **Presentation Titles for Live Events (webinars or in-person training and development)**

Note: All topics can be modified to be 1 – 4 hours in length.

1. Muscle Performance Metrics for Documentation and Justification.
2. Biomechanics Qualitative Analysis for the Field.
3. Strength Training for Clients Who Have Obesity: A guide to analysis, design, and execution.
4. Combined Fitness for Weight Loss.
5. Bodyweight Exercises for Home, In-Gym, and Outdoor Training.
6. Exercise Programming Guidelines for Muscle Strength.
7. Hip Hinge Exercises for Muscle Development.
8. The Squat: Best Practices for Maximum Results.
9. Resistance Training for People Over 70.
10. Resistance Training for Different Populations.
11. Concurrent Training for Athletes.
12. Resistance Training for Women over 40.
13. Resistance Training for Athletes over 50.
14. Rest and Recovery: Maximize resistance training results using rest intervals.
15. Military-Inspired Training for Everyone.
16. Tempo Training: Build Effective Workouts Using Repetition Speed.
17. Program Exercise Sessions to Maximize Post-Exercise Caloric Consumption (EPOC).
18. Precision Exercise Programming to Activate Exerkines for Mental and Physical Health Benefits.