

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. Biomechanics of Assisted Stretching.
2. Master the Squat: Stronger, Safer, Better.
3. Hip Hinge Exercises for Performance.
4. Strength Training for Clients Who Have Obesity.
5. Foundations of Upper Body Strength Training.
6. Programming for Strength Gains: How-to Master the Element of Time.
7. The Science of Repetition Speed: Tempo Training for Effective Workouts.
8. Combined Fitness for Weight Loss.
9. Bodyweight Training Routines and Programs.
10. Resistance Training for People Over 70.
11. Resistance Training for Women over 40.
12. Avoid Muscle Confusion: Concurrent Training for Athletes.
13. Rest and Recovery: Maximize training results with rest intervals and recovery tools.
14. Program Exercise Sessions to Maximize Post-Exercise Caloric Consumption (EPOC).
15. Precision Exercise Programming to Activate Exerkines for Mental and Physical Health Benefits.
16. Muscle Performance Metrics for Documentation and Justification.
17. Biomechanics Qualitative Analysis for the Field.