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### Programme Details

CD-ROM	MP3	Title & Speaker
A1A		Managing a successful fitness business in 2011... Justin Tamsett
A1C		MANA - a values based approach to business... Steven Renata
A1F		Controversies of the core... Prof. Paul Hodges
A1H		Run for your life! Causes treatment & prevention of running injuries... Gavin Aquilina & Kristian Manietta
A1L		Sugar sabotage!... Scott Josephson
A1A-b		Managing a successful fitness business in 2011... Justin Tamsett
A2E		Want more muscle? Training for shape & size... Scott Josephson
A2H		Footwear and function... Michol Dalcourt
A2M		Neutraceuticals - helpful or just expensive?... Joanna McMillan
A2N		25hrs a day: making every minute count... Steve Pettit
A1A-c		Managing a successful fitness business in 2011... Justin Tamsett
A3B		Emerging models & proven strategies for every club... Paul Brown
A3E		The evolution of fat loss... Tony Boutagy
A3F		Training the core for sport and fitness... Prof. Paul Hodges
A3G		Bootcamp blunders: injury management for trainers... Adam Floyd
A1A-d		Managing a successful fitness business in 2011... Justin Tamsett
A4B		Critical health club KPIs... Victor Brick
A4C		Making MACRO management happen... Nigel Champion
A4D		Top consumer trends in 2011... Simon Hall
A4F		Sports supplements: promises, pitfalls and the good stuff... Scott Josephson
B1A		California dreaming - 7 steps to running profitable group fitness events... Steven Renata
B1E		Attract a swarm of hungry clients... Brad Sheppard
B1G		Women, metabolism & the hormone highway... Scott Josephson
B1H		Strength essentials for lower back problems... Tim Keeley
B1I		Building effective group circuit workouts... Michol Dalcourt
B2C		Why people don't join a gym?... Justin Tamsett & Panel
B2G		Exercising to prevent & manage osteoporosis... Prof. Kim Bennell
B2M		Fighting against fat loss - what trainers need to know about insulin resistance... Gavin Aquilina
B2N		Group fitness management: Big, hairy & Scary... Michelle Dean
B3C		Branding impossible: create a personal or mega brand... Greg Hurst
B3E		Movements not muscles - a multi-planar approach to training... Fraser Quelch
B3F		Eating for energy and performance... Scott Josephson
B3G		Keep it moving: exercise prescription for knee & hip osteoarthritis... Prof. Kim Bennell
B3K		Losing the last 5kg... Susie Burrell
B4D		Writing as a communication and marketing tool... Amelia Burton
B4H		Program design... Michol Dalcourt
B4O		Pool your assets... Marietta Mehanni & Mary Gies
B5A		Winning at losing - weight management made simple... Scott Josephson
B5C		Indulgent appetites... Joanna McMillan-Price
C1A		Obtain and train a team of superstars... Amanda Bracks
C1B		How to market on the internet... Victor Brick
C1E		Postural programming for the new millennium... Fraser Quelch
C1F		Ready, set, go - empower your clients to long term results... Andrew Simmons
C1G		ACL reconstruction rehab: Program essentials... Tim Keeley
C2B		Is marketing as easy as 1-2-3?... Justin Tamsett
C2C		The future of retention is now... Paul Brown
C2F		Get a body that looks good & feels good too... Anna-Louise Bouvier
C2G		The science and practice of squatting... Mark Buckley
C3C		The little black book of training secrets... Tony Boutagy

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