Elitefts SWIS 2023 Schedule

Fri Oct. 20	Training: Easton Room B	Nutrition: Easton Room A	Treatment - Rehab Regent 1 - 2	Panels Regent 3
	Matt Wenning	Jason Dhir	Dr. Andrew Lock	Energy Medicine Panel
8:30 - 9:30	Wenning Warmup	Nootropics Cognitive Optimization	6 Principles That Solve Low Back Disorders	Dr. Sergey Sorin Dr. Ken Kinakin
9:30 – 10:00	Break – Visit the Exhibitors Network Meetup			
	Laura Phelps-	Dr. Robert Silverman	Dr. Todd McDougle	Strength Coach Panel
10:00–11:00	Stackhouse Advanced Powerlifting	Functional Medicine for	Chiropractic Treatments for Weight	Matt Nichol
10.00-11.00	Workshop and	Hypertrophy	Training Injuries	Jim Wendler Lorne Goldenberg
	Accessory Exercises		ŭ ,	Brian Peters
11:00–11:30	Break – Visit the Exhibitors Network Meetup			
	Brian Carroll	Dr. Eric Serrano	Joe Durant	Business Panel
11:30–12:30	Squat Injury Low Back Prevention &	Intravenous Drip Therapy for Energy	Low Back Treatment Protocols with MPS	Justin Kavanaugh Nick Lambe
	Rehab	And Supplement	Dolphin Units	Ryan Magin
		Protocols	•	Dr. Tom Roselle
				Paul Oneid Dr. Ken Kinakin
12:30-2:00	Lunch Break – Visit the Exhibitors			
2:00-3:00	JL Holdsworth	Dr. Rob Rakowski	ork Meetup Justin Kavanaugh	Steroid Panel 4.0
	World Class Coaching	2023 Supplement Guide	Tension Based Rehab	.,,•
	Language	for Soft Tissue Injuries	it the Exhibitors	
3:00-3:30		Netwo	ork Meetup	
	Kassem Hanson Exercise Selection for	Eoin Lacey Restoration Techniques	Dr. Nikita Viznek ISATM Workshop	Neurological Strength Panel
3:30-4:30	Hypertrophy	and Strategies	15A FIVI WORKSHOP	Dr. Michael Allen
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4:30-5:00			Break-Visit Exhibitors Network Meetup	
	Mike Tuchscherer	Victoria Felkar	Dr. Mario Novo	Rehab Panel 4.0
5:00-6:00	How to Measure and Use Bar Velocity for	Troubleshooting Common Female	Blood Flow Restriction Pain Neuroscience	
	Programing	Athlete Health Concerns	Pain Neuroscience	
6:00-1:00			in The Bar	
0.00-1.00				
Sat Oct.21	Training: Easton Room B	Nutrition: Easton Room A	Treatment - Rehab Regent 1 - 2	Just One Thing: Regent 3
Sat Oct.21	Easton Room B Jujimufu	Nutrition: Easton Room A Justin Harris	Treatment - Rehab Regent 1 - 2 Dr. Dale Buchberger	Regent 3 Amber Hansen
	Easton Room B Jujimufu Flexibility Training for	Nutrition: Easton Room A	Treatment - Rehab Regent 1 - 2	Regent 3
Sat Oct.21	Easton Room B Jujimufu	Nutrition: Easton Room A Justin Harris PreCompetition Nutrition Break - Vis	Treatment - Rehab Regent 1 - 2 Dr. Dale Buchberger Post Surgical Shoulder Rehab Protocols it the Exhibitors	Regent 3 Amber Hansen
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