

CONVENTION



fitstore

FRIENDS

Fitstore Friends Convention 2022 Event Book

TRX

LifeFitness

myzone



BLAZEPOD



Therabody

Note:

The registration starts at 9:00, we will check your name and issue the event bag, which will include a T-shirt, a bag, a bottle for water and muesli with fruits.

The event starts at 10:00.

Please be aware that facility offers dressing rooms but there are no lockers, so, please take your valuable personal belongings with you!

You will need training clothes and **changing shoes**.

We provide all training equipment necessary except for the fitness mats, so, please **bring your own mat, if needed**. If you have your own Myzone belt, please, bring it as well, otherwise demo belts will be provided.

For the lunch time: Unfortunately there will not be an opportunity to buy food at the facility so there are 4 options:

- 1) You may freely bring your own drinks and food;
- 2) We will offer muesli with milk at lunch time;
- 3) You may order some food online from the local caterers with delivery to the facility at lunch time;
- 4) You may have a walk around - in 1km radius from the facility there are several offers. However, please be aware that there is a City Festival on that day, so there might be longer waiting time to get seated.

Finally, make sure you bring your best smile to the event! :)

See you there!



Master-Trainers



 **Marc Rohde**




 **Vanessa Vassallo**




 **Matt Gleed**




 **Billy Burchett**




 **Zana Zariņa Rešetina**




 **Ralfs Upmanis**



 **Alina Silicka**



 **Storm Fachaux Davies**



Marc Rohde

Marc Rohde

28+ years of experience

- Global Master Trainer for Life Fitness and LFA
- Host of 22+ Fibo Shows
- Inhouse Trainings and Education to the fitness field - internal and external (B2B and B2C)
- Author of 20+ articles and 2 books
- Launched podcast: Mission Human
- Ghostwriting blogs
- Gym owner of The Track Gym
- CEO: Elbsprint Urban Sports

LifeFitness



Matt Gleed

Matt Gleed

22+ years of experience

- TRX Senior Master Trainer
- Expert in health and fitness
- PowerPlate, Wattbike, Matrix Fitness Master Trainer
- Outstanding Achievement Award 2021
- Fitness Contributor of the Year 2019 Award
- Spokesperson for leading world-wide brands
- Educating people all around the world



Ralfs Upmanis

Ralfs Upmanis

29+ years of experience

- TRX and Ybell Master Trainer in Baltics and Finland
- Personal and group trainer
- Talented choreographer
- Gym owner of DCH Studija
- Author of 2 books
- Ralfs is energetic, reliable, accurate, ambitious and always willing to help others



Vanessa Vassallo

Vanessa Vassallo

23+ years of experience

- One of the first Ybell Master-Trainers
- Master-Trainer for Les Mills
- Sponsored athlete, fitness model and consultant for global brands (Nike, Adidas, Reebok, etc.)
- NASM certified personal trainer and course lecturer
- Presented masterclasses and workshops throughout Europe, Asia, the Middle East, Africa, Australia





Billy Burchett

Billy Burchett

10+ years of experience

- MyZone Master-Trainer
- Owner of cross training facility
- Coaching people all over the world in person and online
- Helping others to feel good & be fit through MyZone app no matter where they are in their fitness journey

myzone®

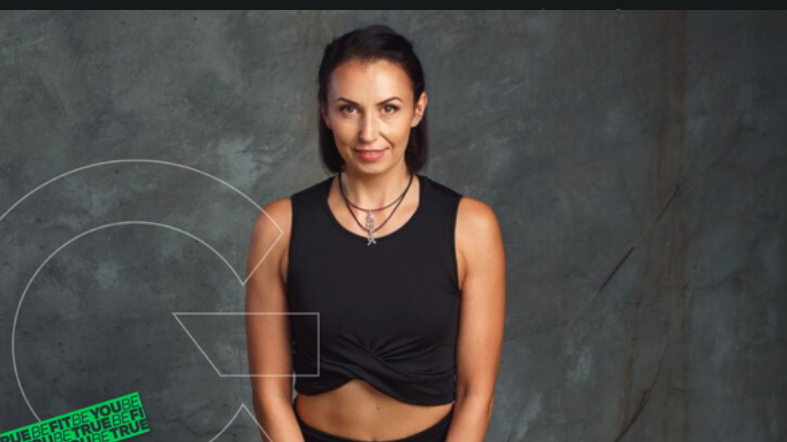


Zanda Zariņa Rešetina

Zanda Zariņa Rešetina

18+ years of experience

- Precision Nutrition nutrition coach
- Health sports specialist
- Athletics coach
- Individual and group fitness coach
- Upcoming BlazePod Master-Trainer
- Creator of a healthy lifestyle platform - "im-pulse.lv"



Alina Silicka

Alina Silicka

13+ years of experience

- KamiBo (YAB FITNESS) Master Trainer
- Trainer in MyFitness Group Trainings
- Creator of FITBYAS_club online trainings
- YAB FITNESS international coach and fitness moderator
- TRX, TRX RIP certified trainer
- International fitness Presenter
- Certified trainer for group and individual trainings

myfitness
world class gym & studios



Storm Fachaux Davies

Storm Fachaux Davies

5+ years Therabody Master Educator

- 5+ years experience of working with top tier athletes across several sports:
 - Motorsport Drivers (Rally, Formula 2, Moto GP)
 - Premiership, Super Rugby, Championship Clubs
 - Individual Athletes
- Founder and CEO Storm inc. Fitness
- 3+ years as a Health, Performance and Well-Being Consultant including mental support

Therabody



Descriptions of the Sessions

Time	Main Stage	Small Stage	Terrace	Lecture Room
09:00	Registration			
10:00	Opening Ceremony			
10:15	Power Hour Matt Gleed & Ralfs Upmanis (TRX)			
11:00	Contest			
11:10	Trainer in Fitness Market Marc Rohde (LifeFitness)		One More Rep Alina Silicka (minibands)	
12:00	Contest			
12:15	Power Up Billy Burchett (MyZone)	Move it, Shake it, Lift it Ralfs Upmanis (TRX FT)	As Fast As It Gets Zanda Zariņa Rešetina (Blazepod)	Coaching Quality Marc Rohde (LifeFitness)
13:00	Lunch Brake & EXPO			
14:00	Contest			
14:15	Therabody Lecture Storm Fachaux Davies (Therabody)	YBell Pod Training Vanessa Vassallo & Ralfs Upmanis (Ybell)		Myzone in-club system Billy Burchett (MyZone)
15:00	Contest			
15:10	Bulletproof March Rohde (LifeFitness)	Fit & Fine Matt Gleed (TRX for Runners)	Easy-Go! Alina Silicka (minibands)	Myzone and ROI Billy Burchett (MyZone)
16:00	Contest			
16:15	The Ybell Experience Vanessa Vassallo & Ralfs Upmanis (Ybell)		Keep Fit Zanda Zariņa Rešetina (For Runners)	Therabody for Clubs Storm Fachaux Davies (Therabody)
17:00	Contest			
17:15	Fitness Your Way Matt Gleed (TRX Mobility)			

Power Hour

Matt Gleed & Ralfs Upmanis

TRX

Workout class, to get everyone in right mindset for all event and of course get our body ready for more trainings. Everyone will use TRX and will be instructed by Matt and Ralfs to do it in the right way.

Intensity



Strength



Learning



One More Rep

Alina Silicka

myfitness
world class gym & studios

A dynamic medium or high intensity class which is focused on strength providing a good work-out for the whole body. The class improves strength, flexibility, sense of balance, and coordination. As equipment will be used mini bands in different combinations. The class is suitable for all levels of fitness.

Intensity



Strength



Learning



Trainer in Fitness Market

Marc Rohde

LifeFitness

Based on science and data, Mark will talk about trainer satisfaction and appreciation in fitness market, how necessary it is to keep trainers motivated, so they would engage more with clients and get more attention to your Gym.

Learning



Power Up

Billy Burchet

myzone[®]

Myzone Zone Match HIIT class with intro part, where Billy will tell more about the benefits for the group class from Myzone, how it can help in reaching higher goals or motivate to do more, Zone Match class with kettlebells will make you work hard!

**please be aware that the amount of participants is limited*

Intensity



Strength



Learning



Move it, Shake it, Lift it

Ralfs Upmanis

TRX

Training with TRX suspension system, and the essence of it is based in opposite movements – one muscle group is stable and keeps the form, while the other is mobile and in movement. When these opposites have been learned, the gym-goer learns to work out more effectively, concentrating on the muscle group they are working with.

Intensity



Strength



Learning



As Fast As It Gets

Zanda Zariņa - Rešetina

BLAZEPOD

BlazePod workshop, where Zanda will show how to create full energetic workout with BlazePod, it will be fast paced, with teamwork skills challenged. Different stations with different tasks, to test Your endurance, agility and reaction. Innovation which makes You to do more than you planned - Fun, Inspiring and Fast!

*please be aware that the amount of participants is limited

Intensity



Strength



Learning



Coaching quality

Marc Rohde

LifeFitness

Understand the wants, needs and fears of your clients/members. Defining a coaching process and make sure all learner types are fully engaged (because of your know how as an educator/teacher). Setting up a coaching quality for your gym and support all (Trainer & members) in the best way because of this standard.

Learning



Therabody Lecture

Storm Fachaux Davies

We will cover what is recovery ecosystem, what is meant by percussive therapy and why is it of interest, will touch upon how important education is for using the recovery tools for its full potential, speak about complete human wellness. Will definitely answer the questions that you might have.

Learning



YBell Pod Training

Vanessa Vassallo & Ralfs Upmanis



You'll be introduced to YBell Pod Training and immediately see the benefits of consolidating 4 traditional fitness tools into a single piece of equipment. Bring a towel - your heart rate will be through the roof!

Intensity



Strength



Learning



Bulletproof

LifeFitness

Marc Rohde

Exercises based on unilateral combinations, how to change from exercising into useful moments, to move much easier in everyday life and keep muscles in tonus. Everyday exercises which You can implement in group sessions.

Intensity



Strength



Learning



Myzone in-club system

Billy Burchett

myzone

Myzone lecture for clubs management - how to use Myzone, what are newest updates and trends, how to install it, how to connect belts with receiver, how to get more people engage in Myzone trainings and a lot more about Myzone system.

Learning



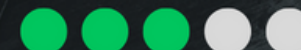
Fit & Fine

Matt Glead

TRX

Running workshop, where Matt will show the best ways how to prepare body for running and keep it in shape for much bigger results. This workshop will include TRX Suspension Systems.

Intensity



Strength



Learning



Easy-Go!

Alina Silicka

myfitness
world class gym & studios

A dynamic medium or high intensity class which is focused on cardio providing a good work-out for the whole body. The class improves strength, flexibility, sense of balance, and coordination. As equipment will be used mini bands in different combinations. The class is suitable for all levels of fitness.

Intensity



Strength



Learning



Myzone & ROI

Billy Burchet

myzone

Lecture about benefits of Myzone system, how it can get more clients to Your Gym, why Myzone motivates to do more, what is Myzone Points, what are differences between straps, how to make Myzone more accessible to customers, and a lot more about benefits of Myzone to Your Gym

Learning



The YBell Experience

Vanessa Vassallo & Ralfs Upmanis

YBELL

Come experience the multi award-winning YBells and see firsthand how their versatile design allows you to streamline your training sessions while maximizing exercise diversity. You will experience a live YBell workout in the form of our pod training so be ready to break a sweat!

Intensity



Strength



Learning



Keep Fit

Zanda Zariņa - Rešetina

SKLZ

Running enthusiasts often forget that running alone is not enough to progress in their running goals. There is also a need for general fitness training that will help develop both speed and endurance, as well as improve running technique. This is exactly what Keep Fit training will be - a dynamic functional workout for all muscle groups, with an emphasis on the lower body & core.

Intensity



Strength



Learning



Therabody For Clubs

Storm Fachaux Davies

Join this at Therabody booth area, where we will showcase how the potential recovery zone could look like at your facility, how gym members evaluate such experience and what are the world practice examples so far.

Learning



Therabody

Fitness Your Way

Matt Gleed

TRX

TRX Mobility workshop, where Matt will show and lead everyone through exercises to improve mobility and flexibility, and will teach how to stretch body in the right way, so You would leave trainings with smile in face, not with sore muscles.

Intensity



Strength



Relaxation



Learning



EXPO Brands

*discounts for all the products

Therabody



myzone®

EXXENTRIC



TORQUE USA

SKLZ


 **fitstore**

 **LIFE FITNESS**
FAMILY OF BRANDS

Life Fitness

**HAMMER
STRENGTH**

SCYBEX

 **ICG**

SCIFIT





TRX®

TRX offer much more than only suspension systems - dumbbells, kettlebells, products with Kevlar (which have 5 years warranty), yoga products and a lot more!





4 in 1 fitness solution, which combines kettlebell, dumbbell, medicine ball and pushup in one equipment - Ybell. Ybell has made innovative designed, to offer endless workouts for everyone at home, gym or outdoors.





Life Fitness

Life Fitness provides premium cardio equipment for over than 30 years. If not in every then in most gyms, hotels, sport centers you will find Life Fitness, which is trusted by the best.





Therabody

Therabody - World leaders in muscle massage therapy devices for effective pre-workout warming up or post workout recovery by a deep muscle treatment.





Test your own reaction, agility and physical endurance with the world's leading professional level reaction training system. Make your own trainings routine with Blazepod offered app, where you can add the number of pods, intervals and even light colors.



Partners of the Event



Therabody



SIGULDAS
SPORTA CENTRS

