

KFS PRESENTS
FITNESS

AEDS 2022

ASIA EDU-FIT SUMMIT

EXPERTISE FOR CHANGING TIMES

Day 1: 7th May, 2022
Day 2: 8th May, 2022

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WELLNESS THERAPY
YOUR HEALTH MATTERS

Sessions List

Day 1: Saturday, 7th May, 2022

7:30 AM		REGISTRATION STARTS			
8:30 AM		OPENING CEREMONY			
<hr/>					
TIME	SESSION	ROOM 01	ROOM 02	ROOM 03	ROOM 04
9:00 - 10:30 AM	Session Name	IMPROVING MOBILITY AND STABILITY THROUGH IYENGAR YOGA	KETTLEBELL FOR FAT LOSS	10 ESSENTIAL BODY TRANSFORMATION STRATEGIES	HIGH OCTANE FUEL FOR FITNESS SPORTS
	Presenter	Puneeta Singh	Vinay Sangwan	Jerrican Tan	Fabio Comana
BREAK		BREAK		BREAK	
11:00 - 12:30 pm	Session Name	ALL ABOUT FASCIA TRAINING: A PRACTICAL APPROACH TO MOVEMENT AND INJURY RESILIENCE	PILATES & ATHLETIC PERFORMANCE: THE IMPORTANCE OF A STRONG CORE IN SPORTS PERFORMANCE	BODY TRANSFORMATION - 10 EXERCISES	PRE AND POST NATAL EXERCISES
	Presenter	Amit Vats	Vesna Jacob/Basi	Jerrican Tan	Ankita Tondon
12:30 pm to 1:30 pm		LUNCH		LUNCH	
TIME	SESSION	ROOM 01	ROOM 02	ROOM 03	ROOM 04
1:30 - 2:45 pm	Session Name	IYENGAR YOGA BASICS FOR HEALING AND STRENGTHENING LOWER BACK	HIDDEN GEMS OF SPORTS PERFORMANCE	EXERCISES TO DO OR NOT TO DO?	HOW TO MAKE MONEY WITH SOCIAL MEDIA AS A FITNESS PROFESSIONAL
	Presenter	Puneeta Singh	Ken Miller	Fabio Comana	Tarun Gill
BREAK		BREAK		BREAK	
3:15 - 4:30 pm	Session Name	BOMBAY JAM: LETS JAM IN BOLLYWOOD STYLE THE ULTIMATE DANCE	INJURY PREVENTION & RECOVERY THROUGH PILATES	BUILDING YOUR BRAND VALUE	FOODS TO BUILD MUSCLES
	Presenter	Amrita Yadav/ Jyoti Khatri	Vesna Jacob/Basi	Fabio Comana	Chirag Sethi
BREAK		BREAK		BREAK	
TIME	SESSION	ROOM 01	ROOM 02	ROOM 03	ROOM 04
5:00 - 6:15 pm	Session Name		RECOVERY - EXPLORE SELF CARE FOR OFF DAYS	BASICS OF OLYMPIC LIFTING	WAR AGAINST STUBBORN FAT
	Presenter	Gala Night Prep Starts	Ken Miller	Piyush Pandey	Jerrican Tan

7:30 PM ONWARDS GALA NIGHT

Sessions List

Day 2 : Sunday, 8th May, 2022

TIME	SESSION	ROOM 01	ROOM 02	ROOM 03	ROOM 04
9:00 - 10:30 AM	Session Name	CORRECTIVE EXERCISE FOR FOOT AND ANKLE	CARDIO - BHANGRA TO BURN FAT	LIFTING THE WEIGHT OFF OF YOUR SHOULDERS - IYENGAR YOGA FOR NECK AND SHOULDERS	TESTOSTERONE AND MUSCLE HYPERTROPHY
	Presenter	Fabio Comana	Ankit Rajawat	Puneeta Singh	Chirag Sethi
BREAK		BREAK		BREAK	
11:00 - 12:30 pm	Session Name	UNDERSTANDING CARBOHYDRATES	BOMBAY JAM: DANCE FITNESS TOTAL BODY WORKOUT FROM USA	POWER OF WARM-UP	TRAINING THE BODY AND THE MIND: A NEW MODEL OF EXERCISE AND NEUROSCIENCE
	Presenter	Fabio Comana	Amrita Yadav/ Jyoti Khatri	Ken Miller	Anna Milani & Santiago Brand
12:30 pm to 1:30 pm		LUNCH		LUNCH	
TIME	SESSION	ROOM 01	ROOM 02	ROOM 03	ROOM 04
1:30 - 2:45 pm	Session Name	PROGRESSION AND REGRESSION	BOMBAY JAM: DANCE FITNESS WORKOUT	BOOTYLICIOUS - TRAINING TECHNIQUES AND PROGRAMMING TO BUILD 3D GLUTES	PILLARS OF MUSCLE BUILDING
	Presenter	Ken Miller	Amrita Yadav/ Jyoti Khatri	Jerrican Tan	Bhawna Gupta
BREAK		BREAK		BREAK	
3:15 - 4:30 pm	Session Name	BURN 600 CALORIES IN 60 MINUTES - CARDIO BHANGRA	RESTORE AND RECOVER - USING THE PRACTICE OF YOGA TO RECOVER, RESTORE AND IMPROVE IMMUNITY	DESIGN STRATEGY TO BUILD LEAN BODY MASS	BLOOD WORK BEFORE YOUR CLIENT STARTS FITNESS JOURNEY
	Presenter	Ankit Rajawat	Puneeta Singh	Jerrican Tan	Dr. Vishal Khanna
BREAK		BREAK		BREAK	
TIME	SESSION	ROOM 01	ROOM 02	ROOM 03	ROOM 04
5:00 - 6:15 pm	Session Name	ZUMBA FITNESS - EVERY MINUTE FEELS LIKE PARTY	RESTORATIVE REFORMER BALANCE ACT AND SCULPT FLOW.	T-SPINE AND SHOULDER CORRECTIVE METHODS	HIP-CENTRIC EXERCISE
	Presenter	Prateek Kundial	Ruchi Kishore	Fabio Comana	Ken Miller

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Session Description

Day 1: Saturday, 7th May, 2022

(Timing 9:00 AM to 10:30 AM)

SESSION 1

ROOM 1

Improving Mobility and Stability through Iyengar Yoga - Puneeta Singh

This session will take participants through different categories of 'asana' to help promote improvements to levels of stability and mobility throughout the kinetic chain. An emphasis during this session will be placed upon coaching cues and promoting good form, while helping individual move more fluidly throughout the asanas.

SESSION 2 **ROOM 2**

Kettlebell for fat Loss - Vinay Sangwan

The aim is to teach kettlebells as a sport as well as for mainstream training purposes. Kettlebells focus on components like strength, strength endurance, muscular endurance, cardiovascular endurance and power. Kettlebell exercises are said to work more muscles in one movement than any other training tool and are considered the best training tool for EPOC and hence fat loss.

SESSION 3 **ROOM 3**

10 Essential Body Transformation Strategies – lecture (Jerrican Tan)

Are you trying to help clients to transform their physique and yet, uncertain about how to put it all together? Join this session and essential strategies you can use to effectively to transform clients from flab to fab as they achieve the best physique of their lives

SESSION 4 **ROOM 4**

High octane fuel for fitness sports - Fabio Comana

We focus heavily upon movement prep, the exercise bout and muscle recovery, but ignore the impact of nutrient and fluid intake on performance, recovery and muscle adaptation. Why train hard when you should train smart? This session discusses carbohydrate, protein and fluid intakes (timing, type, quantity) before, during and following exercise.

(Timing 11:00 AM to 12:30 PM)

SESSION 5 **ROOM 1**

All about fascia training: a practical approach to movement and injury resilience - Amit Vats

Here we are going to talk about properties and importance of fascia in human body and how we can train fascia. We will also talk about the connective tissue injuries and how by having a understanding of fascia training can help an exercise professional.

SESSION 6 **ROOM 2**

Pilates & Athletic Performance: The Importance of a Strog core in Sports Performance - Vesna jacob/Basi

The reformer makes a dramatic impression when you first see one, and an even more dramatic change in your body when you use it. In this session you will learn how a Reformer Pilates workout improves and maintains overall physical fitness by performing movements in a slow and controlled manner that not only improves posture and body alignment but also enhances core strength, mobility, flexibility and balance.

SESSION 7

ROOM 3

Body Transformation: 10 Exercise Modifications Not to be Missed – workshop (Jerrican Tan)

In a world where thousands of exercises and exercise modifications exist, how do I know which are best? Join this session and learn how to select and how to modify key resistance training exercises to that optimize recruitment of your target muscle, and therefore enhance opportunities for muscular development.

SESSION 8

ROOM 4

Pre and Post Natal Exercises - Ankita tondon

Regular physical activity in all phases of life, including pregnancy, promotes health benefits. Pregnancy is a phase of 9 months including 3 trimester of 3 months each. With each trimester, body starts changing to help the child development. Pre-natal signifies the duration before child birth and post-natal signify the duration after child birth. This session focus on delivering the right knowledge about important exercises that can help the female body.

(Timing 1:30 PM to 2:45 PM)

SESSION 9

ROOM 1

Iyengar Yoga basics for Healing and strengthening lower back - Puneeta Singh

Regular physical activity in all phases of life, including pregnancy, promotes health benefits. Pregnancy is a phase of 9 months including 3 trimester of 3 months each. With each trimester, body starts changing to help the child development. Pre-natal signifies the duration before child birth and post-natal signify the duration after child birth. This session focuses on delivering the right knowledge about important exercises that can help the female body.

SESSION 10

ROOM 2

Hidden gems of sports performance - Ken Miller

Every strength and performance coach that leads a team to success faces many options on how best to create the conditioning programs. Unfortunately, experience and training concepts can often fall short in what athletes truly need to train. In this session, we will explore the different components of a well-strategized performance plan that works for all sports and levels of competition.

SESSION 11

ROOM 3

Exercises to do or not to do? - Fabio Comanna

Become a better coach!! As overuse and dysfunction continue to increase in fitness, coaches and trainers need a stronger understanding of the biomechanics of human movement. This knowledge enables better evaluation of exercise form or technique and providing correct coaching instructions and cues. This workshop investigates the biomechanical considerations of various movements and reviews covers a variety of different exercises with modifications that we should and should not be performing.

SESSION 12

ROOM 4

How to make money with social media as a fitness professional - Tarun Gill

You don't need a huge audience to start making money from your social media audience. In fact, it's worth noting that many micro-influencers get better results than influencers with larger followings. In this session, you will learn about the best ways to make money on social media and will be inspired by some creators who are executing these ideas well.

(Timing 3:15 PM to 4:30 PM)

SESSION 13

ROOM 1

Bombay Jam: Lets Jam in Bollywood Style The ultimate Dance - Amrita Yadav/JOJO

Powered by the explosively fun and globally appealing Bollywood culture, Bombay Jam® is the ultimate dance fitness total body workout. It is effective, safe, easy to follow and packed with authentic Bollywood flavour.

The program has a serious focus on integrating fun & fitness! Bombay Jam® incorporates cardio and toning routines into one action-packed total body workout, and routines are set to custom music mixes created by Bombay's hottest DJs. In this session you will learn how a Bombay Jam class looks like, why the program is a success formula for your group fitness career and future career prospects.

SESSION 14

ROOM 2

Injury Prevention & Recovery through Pilates - Vesna jacob/Basi

The reformer makes a dramatic impression when you first see one, and an even more dramatic change in your body when you use it. In this session you will learn how a Reformer Pilates workout improves and maintains overall physical fitness by performing movements in a slow and controlled manner that not only improves posture and body alignment but also enhances core strength, mobility, flexibility and balance.

SESSION 15 **ROOM 3**

Building your brand value – Fabio Comana

Looking to elevate your services from good to great? Remember, price is only a factor in the absence of value, so what are some innovative secrets to building success with your brand value and to ultimately deliver best-in-class experiences to your clients? Join this session to learn invaluable strategies for building brand value... Remember, cream always rises, so perhaps it to rethink the way you train and retrain the way you think.

SESSION 16 **ROOM 4**

Foods to Build Muscle – lecture (Chirag Sethi)

Along with strength training, right and balanced nutritious diet plays the equally important role in building muscles. Apart from protein, antioxidants, healthy fats, carbohydrates and other nutrients also works towards building good quality muscles. This session focus on discussing the foods that can help improve the muscle building process.

(Timing 5:00 PM to 6:15 PM)

SESSION 17 **ROOM 2**

Recovery: Explore self-care and methods to improve off-days – lecture (Ken Miller).

Loading clients and athletes with physical stress is easy to do. But tackling the need for implementing appropriate deloads is the bigger challenge. This workshop examines techniques and strategies that empower individuals to optimize recovery in preparation for the next workout.

SESSION 18 **ROOM 3**

Basics of Olympic Lifting - workshop (Piyush Pandey)

Olympic weightlifting requires explosive movements, lifting significant loads to various end-positions, that includes the overhead position. In competitive Olympic lifting, athletes perform the snatch and the clean-and-jerk. Both are complex movement that require excellent form, immaculate control of bar movement, and a good coaching eye to attain optimal performance and minimize the risk of injury. This session will instruct both lifts, segmenting the learning process from part-to-whole, so that participants can effectively coach and evaluate performance.

SESSION 19

ROOM 4

The War Against Stubborn Fat – lecture (Jerrican Tan)

Body fat, although essential to human survival, is often despised and vilified. Every transformation usually includes weight loss, but often that fat proves to be stubborn and difficult to lose. Join us as we discuss methods for building a realistic and sustainable fat loss programme and share ideas on how to tackle that stubborn fat.

Day 2: Sunday, 8th May, 2022

(Timing 9:00 AM to 10:30 AM)

SESSION 20

ROOM 1

Corrective Exercise Techniques for the Foot and Ankle – workshop (Fabio Comana)

The foot and ankle structure are complex and exert great influence upon human movement. This session details how the body functions as one interconnected kinetic chain and how compensations or impairments in one region leads to impairments in other regions. Learn foot and ankle mechanics during movement, how to identify dysfunction and its consequences. Also learn how to implement corrective exercise techniques to improve movement efficiency and prevent possible injury.

SESSION 21

ROOM 2

Cardio-Bhangra to Burn Fat (Ankit)

Cardio Bhangra is a feeling of total euphoria at the end of the session. A feeling of well-being and happiness starts as soon as you hear the first Bhangra beat and you bounce to the first simple Bhangra step. It is an intense, full body cardio workout that burns fat and helps in aggressive fat loss.

SESSION 22**ROOM 3****Lifting the Weight Off Your Shoulders: A Healthy Yoga Practice to Relieve and Help Prevent Neck and Shoulder Discomfort – workshop (Puneeta Singh).**

This session will demonstrate and instruct a variety of simple techniques aimed to help improve shoulder mobility and stability, which in turn, can help reduce the likelihood of developing neck and shoulder pain. Common causes of neck and shoulder pain will first be examined, after which a variety of dynamic and three-dimensional yoga exercises will be taught to promote shoulder stability and mobility.

SESSION 23**ROOM 4****Testosterone and Muscle Hypertrophy – lecture (Chirag Sethi)**

Testosterone is one of the many hormones that is involved in building muscles and strength. Many factors like high stress, lack of sleep or lack of physical activity affect the release of this hormone in the body. This session discusses the physiology of testosterone in building muscles along with different factors that can impact the release of it.

(Timing 11:00 AM to 12:30 PM)**SESSION 24****ROOM 1****Understanding Carbohydrates – lecture (Fabio Comana)**

Success in developing programs is built upon a thorough understanding of essential principles such as the role of fuels for the body. We all seek to guide our clients and athletes towards healthy eating, but do we fully understand the principles of structure and function of carbohydrates? This session will provide a comprehensive overview of this macronutrient to help you better understand many of the questions asked by your clients.

SESSION 25**ROOM 2****Bombay Jam: Dance fitness Total Body workout from USA - (Amrita Yadav/JOJO)**

Powered by the explosively fun and globally appealing Bollywood culture, Bombay Jam® is the ultimate dance fitness total body workout. It is effective, safe, easy to follow and packed with authentic Bollywood flavour.

The program has a serious focus on integrating fun & fitness! Bombay Jam® incorporates cardio and toning routines into one action-packed total body workout, and routines are set to custom music mixes created by Bombay's hottest DJs. In this session you will learn how a Bombay Jam class looks like, why the program is a success formula for your group fitness career and future career prospects.

SESSION 26**ROOM 3****The Power of Proper Warm-up – workshop (Ken Miller)**

The warmup can mean the difference between a mediocre or a great workout session. Planning the warmup requires the same level of attention and focus as the workout itself, many individuals omit or pay little attention to properly preparing for their training session. In this session explore the importance, the rationale, and various ideas to properly prepare the body for a good session.

SESSION 27**ROOM 4****TRAINING THE BODY AND MIND: A New Model of Exercise and Neuroscience (Anna Milani and Santiago Brand)**

Every brain is dynamic, adaptable, flexible and trainable. Just as physical fitness can be improved through behaviour modification and adopting positive lifestyle habits, the same holds for brain's fitness and performance. An interactive and informative workshop on how to improve brains fitness and performance levels to fortify against cognitive decline and speed the path to recovery.

(Timing 1:30 PM to 2:45 PM)**SESSION 28****ROOM 1****Progressions and Regressions: Mastering the art of micro-change – workshop (Ken Miller)**

Not every client meets the expectation of a pre-planned program or session. Sometimes they exceed, and sometimes they miss what a trainer hopes to achieve or attain. As a professional, you need to recognize how and when to elevate or to temper the exercise challenge to create more optimal experiences. This workshop explores how to make required changes on the fly between sets or reps without missing a beat.

SESSION 29**ROOM 2****Bombay Jam: Dance fitness workout - (Amrita Yadav/Jyoti Khatri)**

Powered by the explosively fun and globally appealing Bollywood culture, Bombay Jam® is the ultimate dance fitness total body workout. It is effective, safe, easy to follow and packed with authentic Bollywood flavour.

The program has a serious focus on integrating fun & fitness! Bombay Jam® incorporates cardio and toning routines into one action-packed total body workout, and routines are set to custom music mixes created by Bombay's hottest DJs. In this session you will learn how a Bombay Jam class looks like, why the program is a success formula for your group fitness career and future career prospects.

SESSION 30 **ROOM 3**

Bootylicious - Training Techniques and Programming to Build 3D Glutes – workshop (Jerrican Tan)

Discover better exercise techniques and programming strategies to optimally attain gluteal muscle development. This session will examine the anatomy and mechanics of the hip musculature and introduce a series of different exercises and exercise modifications that target the gluteus muscles.

SESSION 31 **ROOM 4**

Pillars of Muscle Building – Lecture (Bhawna Gupta)

We generally focus on the frequency, time, type, and intensity of the workout to build muscle; however, we forget the importance of other factors including the right nutrition from diet or supplement, managing stress levels, and getting good quality sleep for building muscle. This session focuses on providing science-based knowledge about the foundation pillars for building muscles.

(Timing 3:15 PM to 4:30 PM)

SESSION 32 **ROOM 1**

Cardio Bhangra - Burn 600 Kcal in 60-min (Ankit Rajawat)

Non stop High Intensive Cardio session Focusing on Shoulders & Lower body strength.

SESSION 33 **ROOM 2**

Restore and Recover: Using the Practice of Yoga to Recover, Restore and Boost Immunity – workshop (Puneeta Singh)

In this session, participants will learn a variety of different restorative asanas and breathing techniques, all aimed at enhancing exercise performance and recovery. This session will examine the need for good restorative strategies and how various yoga asanas, coupled with breathing techniques help restore homeostasis efficiently.

SESSION 34 **ROOM 3**

Program Design Strategies to Build Lean Mass – lecture (Jerrican Tan)

muscular development and how to effectively progressive the exercise challenge to build a better physique. Join this session to learn the answers to optimal training frequency, repetitions, intensity, and training volume for both male and female clients.

SESSION 35 **ROOM 4**

Understanding Client's Blood Work Before Starting a Training Program – lecture (Vishal Khanna)

A practical approach to understanding your client's health condition is critical to designing an effective exercise program. Blood samples taken by a medical practitioner or laboratory provide useful insight and information into your client's overall health, including protein, sodium, sugar, and cholesterol levels. In this session, a doctor will examine a standard blood panel to help fitness practitioners understand what each value means.

(Timing 5:00 PM to 6:15 PM)

SESSION 36 **ROOM 1**

Zumba – workout (Prakeet)

Everybody and everybody! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesomeness each time you leave class.

SESSION 37 **ROOM 2**

Restorative Reformer Balance Act And Sculpt Flow - Ruchi Kishore/Basi

The reformer makes a dramatic impression when you first see one, and an even more dramatic change in your body when you use it. In this session you will learn how a Reformer Pilates workout improves and maintains overall physical fitness by performing movements in a slow and controlled manner that not only improves posture and body alignment but also enhances core strength, mobility, flexibility and balance.

SESSION 38

ROOM 3

Corrective Exercise Techniques for the T-spine and Shoulder – workshop (Fabio Comana)

The thoracic spine and scapulohumeral region provide most of our upper extremity movement, but they also influence the entire human movement system (HMS). This session reviews key kinesiological concepts of these regions to help you understand functional movement needs. Learn how to identify proper versus dysfunctional movement and how to implement corrective exercise techniques to improve movement efficiency and prevent possible injury.

SESSION 39

ROOM 4

Hip-centric exercises: Techniques targeting the body's engine – workshop (Ken Miller)

The hips can be the source of great power or great pain. Accessing the capabilities of the hips can make or break the workout session or how one feels post-exercise. This session examines the needs of the hips and how to develop and deliver a plan to fire the body's engine on all cylinders

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