



2022 Albuquerque Strength and Conditioning Clinic
11th Year
Jewish Community Center
5520 Wyoming Blvd. NE Albuquerque, NM 87109



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Saturday, October 15, 2022
9am to 5pm

In Person Attendance, Zoomed and Recorded.

Schedule

Late In Person Registration: 8 am-8:30 am

8:45 am – 9:00 am: Introduction

9-10am: Training Considerations for The Amateur to Elite Athlete: A Hormone Perspective.

David W. Peer, DC-APC, CCSP, CEDIR
Heights Chiropractic & Sports Medicine, Inc.



This lecture will cover the latest information on periodization, competition preparation, injury risk and athletic performance from a perspective of endocrine considerations and limitations.

Hormone test results from a very active Sports Medicine Practice will emphasize key considerations that should be recognized by personal trainers, athletic trainers, physical therapists, and game day doctors.

10-11 am: Introduction to Synapse Sticks: A Unique Movement Modality for the Brain

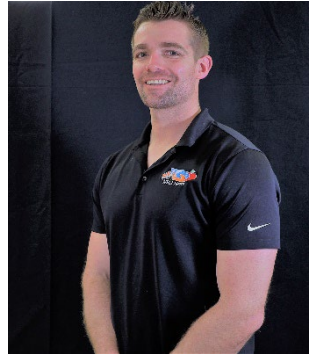
Julius C. Somera, DPT, ATC, CSCS, CPT
Physical Therapist, Jewish Community Center



Synapse Sticks is a unique movement modality based in martial arts that uses evidence-based principles suggesting that complex movements combined with cognitive challenges enhances brain health. In this presentation, Dr. Somera will introduce the fundamental concepts and patterns of Synapse Sticks followed by a demonstration of a few movement drills.

11 am-12 Noon: Metabolic Responses to Resistance Training: How Slow Should You Go?

Zachary A. Mang, PhD.
Los Alamos National Laboratory



In this class, attendees will learn the role that repetition tempo, time under tension, and metabolic stress play in hallmark adaptation to resistance training (RT), such as skeletal muscle hypertrophy. In addition, the presenter will show data from a dissertation study in which lifters completed sets of lower-body RT with time under tension matched while using either slow or fast repetition tempos. The session will finish with several practical applications of different evidenced-based repetition tempos that vary from 1.5-20 seconds.

12 noon-1 pm Lunch On Your Own

1-2 pm: The Importance of Progressive Training from a Sales Perspective

Cindy Long, NASM CPT, CES,PES
Personal Training Manager, Mesa Define Fitness



Our mottos, philosophies and style choices depend on progress and results, but how much effort are we using to align those programming techniques with our sales strategies? Let's discuss how a future-oriented program with constant change and development can elevate the excitement and anticipation for your clients while generating business and increased revenue.

2-3 pm: Pyramid Resistance Training Programs: Which Style is Most Effective?

Jason R. Beam, Ph.D., ACE-CPT, ACSM-EP, NSCA TSAC-F
Occupational Safety & Health Professional
Los Alamos National Laboratory



There are several ways for exercisers to increase total volume load (TVL) for a given muscle group, including using heavier weights, completing more repetitions during a set, performing more sets for an exercise, or adding exercises that target the same muscle group during a training session. In addition to these techniques, pyramid training is a straightforward and unique strategy to increase TVL. Two common applications are linear pyramid training (LPT) and reverse pyramid training (RPT). LPT involves increasing intensities as sets progress (i.e., light to heavy), whereas sets are performed in the opposite manner (i.e., heavy to light) during RPT. In this clinic, you learn the history of pyramid training, the differences between LPT and RPT, and how to apply LPT and RPT to resistance training programs.

3-4 pm: How to Support the WHOLE Woman and Her Health

Alyssa Dalton MS Exercise Science, NASM CPT & CNC, AFAA GFI PNL1
Fearless Radiance Co. (www.fearlessradianceco.com)



Nearly 80% of women are actively trying to lose weight, but so many struggle to meet their goals because they are run down by stress, struggling with hormone imbalances and migrating from diet to diet. Hormone Health Coach and Personal Trainer, Alyssa Dalton, will discuss how to support your female clients in understanding how their hormones, stress, nutritional and lifestyle factors influence their success in their personal health journey.

4-5 pm: Practical Styles of HIIT for Health and Fitness Gains Without the Financial Strains

Gabriella F. Bellissimo, MA, ACSM-EP, ACSM-CPT

Doctoral Graduate & Teaching Assistant
Health, Exercise, and Sports Sciences
University of New Mexico



The recent COVID-19 pandemic has shed light on the need for more evidence-based research on practical styles of exercise training. In this presentation, Dr. Bellissimo will discuss the most recent evidence on convenient and effective styles of exercise training for healthy and special populations.

NSCA Continuing Education Credits: 0.7 Earned Provider Number: L1244-E2210
Listed at NASM Website Under The Fitness Superstore
Provider Number: 984

For additional Information or Questions Contact:
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