



2026 Albuquerque Strength and Conditioning Clinic
15th Annual Clinic
Jewish Community Center
5520 Wyoming Blvd. NE Albuquerque, NM 87109



Sponsors:



**Heights Chiropractic
and Sports Medicine**

**Saturday, November 7, 2026
8:20 am to 4:30 pm**

In Person Attendance Required

Schedule

8:20 am – 8:30 am: Introduction

8:30 - 9:30 am The Physiology of Movement
David W. Peer, DC-APC, CCSP, CEDIR
Heights Chiropractic & Sports Medicine, Inc.



The act of moving your body is simple for many of us, but the physiological impact of that movement is immense! This fun 50-minute lecture will detail the far-reaching impact of movement/exercise on the body. Personal Trainers, Physical Therapists, Athletic Trainers will understand in detail the incredible impact that they have on their clients/patients/athletes.

9:30 - 10:30 am The Future Coach: Using AI to Improve Performance Without Losing the Human

Justin Schwind CSCS, SCCC

Human Performance Advisor

58 Special Operations Wing



Artificial intelligence is rapidly becoming part of the human performance world, but I believe many professionals are asking the wrong question. The focus should not be whether AI can replace coaches, but how it can help us become better coaches where it matters most.

In my work across collegiate athletics, military special operations, and tactical human performance, I have seen that the greatest challenges are rarely programming alone, they are communication, compliance, clarity, and connection.

AI has the potential to reduce administrative burden, improve data interpretation, strengthen interdisciplinary communication, and help leadership better understand the true value of performance programs.

This presentation will focus on practical ways coaches, clinicians, and performance professionals can use AI to support readiness, improve consistency, and create stronger systems without losing the most important part of the work: human presence. Technology should never replace trust, discernment, or relationship. It should remove noise so we can coach people better.

The future of coaching is not less human. It is more human, with less noise.

10:30 - 11:30 am Effects of Manipulated Resistance Training Parameters on Glucose Control Via Continuous Glucose Monitor.

Oscar Chavez Jr. B.S. Exercise Science, PhD Student

Graduate & Teaching Assistant, University of New Mexico



We have an ongoing study where we acutely and chronically determine the effects of resistance training on parameters of glucose control in individuals with type 2 diabetes. Part of this study was manipulating resistance training parameters (such as rest time, sets, reps) of traditional high-load resistance exercise to lower psychological discomfort/strain in individuals performing the exercises. If this type of training can improve psychological outcomes while improving glucose metabolism and control, it can prove as an effective exercise prescription strategy to target a population which typically has a low adherence to exercise

11:30 - 12:30 pm Eccentric Training for Foundational Bodyweight Strength Development
Aaron Bubbico, CFL3, CCFT
M.S. Exercise Science
Owner of CrossFit Albuquerque



This presentation focuses on how eccentric training can be used to safely and effectively develop strength in foundational bodyweight movements including the pull-up, dip, push-up, and handstand push-up. The session is designed to help coaches and trainers work with clients at all levels—from individuals who cannot yet perform a single strict repetition to advanced athletes looking to continue progressing.

12:30 – 1:30 pm
Lunch on Your Own

1:30 - 2:30 pm The Behavior Model

Veronica Castillo, RDN | CHES | LPCC | LMT |CPT-NASM
Director of Wellness, Athlete Ready
Owner/Operator, Serenity Health LLC



This presentation introduces the Behavioral Nutrition Model, a systems-based approach to improving nutrition adherence across diverse patient and athlete populations. We will examine how behavior, daily structure, and environmental factors shape nutrition outcomes, and how these elements intersect with training, recovery, and clinical care. Emphasis will be placed on how different disciplines can align their messaging and interventions to create more cohesive, sustainable results for the individuals they serve.

2:30 - 3:30 pm Culture Setting in a High School Weight Room
Estevan Lucero, MBA, CFSC, NASM PES | Co-Owner, Transcend Performance Facility



How to create positive buy-in for your athletes, solve for logistics, and implement a high-power performance program with large groups.

3:30 - 4:30 pm High Intent, Low Volume Training: Bridging Speed-Based Principles to Lifelong Performance
LAWRENCE HERRERA, CSCS*D, NASM-PES
Owner & Founder, Performance Ranch
Strength Conditioning Coach | Performance & Mental Resilience Specialist



This presentation introduces a high-intent, low-volume training approach that prioritizes performance over fatigue. Drawing from speed-based methodologies and real-world coaching experience, attendees will learn how to optimize intensity, manage volume, and integrate recovery to improve performance while reducing injury risk. The session bridges the gap between athletic development and general population training with practical, immediately applicable strategies.

NSCA Continuing Education Credits: 0.7 Earned. Provider Number: L1244-E2611

NASM Continuing Education Credits: 0.7 Earned

Listed at NASM Web Site, Under The Fitness Superstore
Provider Number: 984

Registration Fee: \$70

Student Fee (High School/College): \$50

Due: Wednesday, October 21, 2026

Late Fee: \$80

Student Late Fee: \$55

For additional information or questions contact:

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