

2020 IDEA® Korea Convention

November 21st to 22nd, 2020 • Suwon Convention Center, Korea

41 sessions

Session Number	Format	Session Title	Session Type	Presenters	ACE CECS
TIME BLOCK D (10:20am to 11:50am - 90 minutes) • Saturday, November 21st					
225	Video	The Female Lumbo-Pelvic Complex	WS	Farel Hruska	0.15
229	Video	Complete Program Design for the Obese Client	L	Brian Richey	0.15
231	Video	Prioritizing Spine Hygiene	WS	Adam Jongsma	0.15
232	Live (Zoom)	Body Blast BootCamp	WS	Marc Coronel Brandon Wagner	0.15
TIME BLOCK G (2:00pm to 3:30pm - 90 minutes) • Saturday, November 21st					
247	Video	Go Tubular! Celebrating the Tremendous Versatility of Resistance Tubing!	WS	Aileen Sheron	0.15
250	Video	Evolution for Successful Fitness Leadership - Navigating Through Career Seasons	L	Doris Thews	0.15
251	Video	Reframing Stability; Working from the Inside	WS	Brian Richey	0.15
253	Live (Zoom)	Child's Play; Fitness for kids {Teacher Training}	WS	Marc Coronel Brandon Wagner	0.15
TIME BLOCK H (3:50pm to 5:20pm - 90 minutes) • Saturday, November 21st					
260	Video	Mat to the Max	WS	Abbie Appel	0.15
269	Video	Service Design Beats Customer Service	L	Brian Bettendorf	0.15
273	Video	Assess and Address Scapular Dysfunction	WS	Adam Jongsma	0.15
275	Live (Zoom)	Get LIIT on the Dance Floor	WS	Alex McLean	0.15
TIME BLOCK I (5:40pm to 7:10pm - 90 minutes) • Saturday, November 21st					
285	Video	Flexibility Fast!	WS	Aileen Sheron	0.15
290	Video	Stabilize, Mobilize & Capitalize Your Way to #GAMECHANGING Results	L	Doris Thews	0.15
291	Video	Shoulder Stabilization/Mobilization Tips	WS	Nico Gonzalez	0.15
292	Video	Using Movement Screens to Roll Less (RumbleRoller®)	WS	Brian Bettendorf	0.15
TIME BLOCK K (9:00am to 10:30am - 90 minutes) • Sunday, November 22nd					
303	Video	Pilates on a Ball	WS	Abbie Appel	0.15
305	Video	Pelvic Floor & Booty Camp	WS	Farel Hruska	0.15
309	Live (Zoom)	Barre Brawl	WS	Alex McLean	0.15
312	Video	Foundations of the Hip Hinge	WS	Adam Jongsma	0.15
313	Video	How to Survive & Thrive in the Fitness Industry	L	Doris Thews	0.15
314	Video	Pilates for Rehabilitation for the Spine and Pelvis	L	Leslee Bender	0.15
315	Video	Group Training High Intensity Pyramid - The Ebbs & Flow	WS	Nico Gonzalez	0.15

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TIME BLOCK L (10:50am to 12:20pm - 90 minutes) • Sunday, November 22nd					
325	Video	Metabolic Mixer	WS	Abbie Appel	0.15
332	Video	Advanced Spine: Conditions/Corrections/Solution	WS	Brian Richey	0.15
333	Live (Zoom)	10 Steps to Launching Successful Programs	L	Tricia Madden Murphy	0.15
334	Video	Building a Team for Maximum Impact!	L	Farel Hruska	0.15
335	Live (Zoom)	Hard Skills of Personal Training: The Do's and Don'ts!	WS	Marc Coronel Brandon Wagner	0.15
337	Video	Lats, Traps & Glutes-Training the Back Line	WS	Nico Gonzalez	0.15
339	Live (Zoom)	Fusion Frenzy	WS	Alex McLean	0.15
TIME BLOCK N (2:00pm to 3:50pm - 110 minutes) • Sunday, November 22nd					
352	Video	Correct the Iliopsoas and Gluteus Imbalance	WS	Leslee Bender	0.2
353	Video	Customer Service in The Digital Age: 5 Winning Strategies To Exceed Expectations	L	Fred Hoffman, M.Ed	0.2
356	Video	The Essential Seven: Correting Poor Posture	WS	Brian Richey	0.2
358	Video	Reverse Engineering the Squat	WS	Adam Jongsma	0.2
TIME BLOCK O (4:10pm to 6:00pm - 110 minutes) • Sunday, November 22nd					
369	Live (Zoom)	HIIT Yoga	WS	Robert Glick	0.2
370	Video	Pelvic Bias; Key to Low Back Pain	WS	Brian Richey	0.2
373	Video	Killer Core and More!	WS	Aileen Sheron	0.2
374	Video	How to Pivot Your Business Toward Innovative Success When the World is Changing in Crisis	L	Doris Thews	0.2
376	Video	The 4th Trimester: Baby is born...now what?	WS	Farel Hruska	0.2
377	Live (Zoom)	Nothing but the HIITS	WS	Tricia Murphy Madden	0.2
380	Video	RumbleRoller® Group Exercise Flow	WS	Brian Bettendorf	0.2