

	ROOM 1	ROOM 2
8.00	OPENING Jack Chew and Guests Join Now	
8.30	Mehmet Gem - Weightlifting Hip Issues Join Now	Steve Miller - Injury Risk Reduction For Lifters Join Now
9.15	Helen Keeble - Leaking While Lifting Join Now	Linia Patel - Protein Intake - When, why and how much! Join Now
10.00	Jonathan Abram - Integration of Technology in assessment for Performance Join Now	Adam Meakins - When it goes wrong whilst getting strong Join Now
10.45	MORNING BREAK	
11.00	Mark Sia - Managing Olympic Lifting Injuries Join Now	Andrew McCauley - Getting Ripped... While Ripped! Join Now
11.45	Rosie Wills - Understanding Crossfit Join Now	Chris Pell - Therapy and Coaching Insights from World Record Lifters Join Now
12.30	LUNCHTIME BREAK	
13.15	Jack March - Managing OA with the Gym Goer Join Now	Jo Turner - Using Exercise To Process Stress and Emotion Join Now
14.00	Alex Kraszewski - Why Use Squat Variations Join Now	Mary McCance - Understanding Powerlifting and Powerlifters Join Now
14.45	Lois Smith - Competition And Therapy Join Now	Matt Scarsbrook - Massage Matters Live! Join Now
15.30	AFTERNOON BREAK	
15.45	Mike James - Getting A Grip On The Gym Join Now	Leanne Antoine, Chantelle Tucker & Rosie Wills - Ladies Who Lift Join Now
16.30	Thomas Dekkers - Deadlifting For Back Pain: Why, When, How? Join Now	Tom Flanagan - Bodybuilding - The culture, the training, the injuries Join Now
17.15	CLOSING Jack Chew and Guests Join Now	