

Hall 1C

Seminar Room 3

Lecture Hall 1

Gym (FGZ)

Hall 1A
Exhibition North

Hall 1A
Exhibition South

13:00 - 13:20

Conference
Opening

13:25 - 14:25

Keynotes -
Performance I

14:25 - 15:00

Break

15:00 - 15:45

Eccentric Strength
Training

Health, Recovery
and Aging

Strength and
Performance

15:45 - 16:10

Break

16:10 - 17:40

Moderators of
Strength
Performance

Strength
Performance and
Health

Strength Training
and Performance

18:00 - 19:30

Social Exercising Event: Open Gym

Hall 1C

Seminar Room 3

Lecture Hall 1

Hall 2D

Hall 1A
Exhibition North

Hall 1A
Exhibition South

08:00 - 09:00 Social Exercising Event: Running

09:00 - 10:00 Keynotes -
Performance II

10:10 - 11:40 Biomechanics &
Performance
Testing

Neuromuscular
Fatigue & Recovery

Acute Warm-up
Effects

11:40 - 13:10 Break

13:10 - 13:55 Teaching Weight-
lifting Derivatives
and Implementing
Cluster Sets

Strength and
Health

Strength Training
and Muscular
Adaptions

14:00 - 15:00 Keynotes - Health

New Room!

15:00 - 15:20 Break

15:20 - 16:45 Oral Award Session

16:45 - 16:55 Presentation
Technogym

17:00 - 18:30 Social Exercising Event: Open Gym

19:30 - 00:00 Conference Dinner | Markthalle

Hall 1C

Gym (FGZ)

**Hall 1A
Exhibition North**

07:00 - 08:00
08:30 - 09:30
09:45 - 10:30
10:30 - 11:00
11:00 - 11:30
11:30 - 12:10

Social Exercising Event: Running | Social Exercising Event: Open Gym

**Keynotes - Health and
Performance**

**Strategies in Blood Flow
Restriction Exercise: Bridging
Research and Practise**

Poster Award Session

Break

Moderated Panel Discussion

**Announcement of Adidas
Research Awards and
Conference Closing**