



PT SUMMER SCHOOL

17th & 18th June 2023

Dolce Athens Attica Riviera Hotel
Attica, Greece



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EUROPEAN REGISTER OF
EXERCISE PROFESSIONALS
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ABOUT EREPS20

The EREPS20 - Class of 2023 PT Summer School will be the ultimate Lifelong Learning weekend held in beautiful Greece on the 17th & 18th June 2023. It will be an unforgettable learning experience in an amazing environment.

The mission of the EREPS20 PT School is,

“to provide successful Personal Trainers with thought-provoking education and insights into how to further develop, adapt and specialise their personal training service”.

The EREPS20 will be a selected group of professional PT's bought together from current EREPS members for the 2023 class. There are only 20 places available for this exclusive (free) event and the final 20 will be decided through an application and review process. Sessions at the event will be both practical and theory-based and delivered by some of the leading educators in the fitness industry.

How to Apply:

To apply for this exclusive opportunity and be one of EREPS20 you must complete an online application by clicking the dashboard link in the members area of the EREPS website. This application will be reviewed by the International Registrar and EuropeActive Professional Standards Committee.

The closing date for applications is **Friday 17th March 2023** and the final EREPS 20 will be notified by **Friday 31st March 2023**.

To apply for EREPS20 log in to the [EREPS website](#) and click the link on the member dashboard.

What to expect:

EREPS20 attendees will receive:

- Travel costs up to 350 Euros (receipts required, economy class only)
- 2 nights' accommodation including all meals at Dolce Athens Attica Riviera
- Workshops/Seminars by leading fitness sector professionals for the weekend
- Marketing photos/videos from event of your attendance as 1 of the EREPS20
- EREPS Stamp for EREPS20 Class of 2023
- EREPS20 Certificate of Attendance

SPEAKERS



Anna Bogdanova - Denmark

Anna is an experienced and recognized health expert, transformation strategist, bestselling author and award winning entrepreneur with more than 14 years of experience in helping women build vital muscle strength through regular strength and muscle training in microformat - and to obtain a more natural relationship with exercise and food.

Anna is also the Danish media's go-to expert on sustainable health, strategic and tailored health interventions, long lasting behaviour change, coaching, strength training and innovative exercise methods. She's on a mission to put power, strength, muscle training and an active lifestyle on the agenda. Because an inactive lifestyle doesn't just accelerate the natural loss of muscle mass in women, it's also three times as expensive as smoking for the health care system in the EU.



Jairo Junior - Brazil

Born in Brazil, Jairo always had a strong passion for sport. He practiced competitive aerobics in Brazil becoming one of the young talents of Brazilian competitive fitness. In 1997 Jairo launched onto the European Fitness Stage and became an International Fitness Presenter who has now been invited all over the world to deliver his very unique style of fitness class.

After many years of great success in the industry, in 2015 Jairo developed his method of functional cardiovascular training CROSS CARDIO. Innovative and adaptable to all Cross Cardio® is aimed at the overall functional improvement of the individual.



Margherita Bencini - Italy

Margherita is a movement specialist and founder of the KinetiCode® Methodology. For over 20 years, she made a career as a professional dancer and choreographer for companies in Europe and the United States. During her dance career she completed different university studies on Semiotics of Movement and Movement Science in Italy and the United States. With the aim of improving the peak performance of dancers and athletes, Margherita developed the KinetiCode® method in 2007 together with an international team.

Nowadays she is mentoring all around the EU with her KinetiCode® Academy, and directs K/C Move Studio in Amsterdam, the first commercial studio based on her methodology



Fotis Vasileiou - Greece

Fotis advises boards, CEOs, business development and marketing executives, on marketing, business growth strategy, innovation value strategy and digital transformation. He is the founder and CEO of White Space, a boutique marketing consulting firm and co-founder of TheCoach.gr, the leading video on demand wellness platform in Greece.

Fotis and his team has achieved substantial growth results, for numerous multinational and Greek organisations across sectors including consumer, media, technology, telecommunications, health, education and fitness services. He is working with brands such as Coca Cola, 3E, Glaxo Smith Klein, Egon Zhender, Deutsche Telekom, L'Oreal, Ahold Delhaize Group, Praktiker, ABB, FashionTV and many more.

SPEAKERS

Launching pioneer strategies and technologies for international TV formats, such TheVoice, X-Factor, Survivor, Got Talent and many more, transformed the way audiences engage with TV shows. He is also the co-founder of the first New Media School of Journalism, in Greece, while he initiated and presented for three consecutive years, the first Social Media TV show.

His firm has received more than 43 awards from different reputable institutions, as a recognition for its exceptional achievements. As a recognised speaker, Fotis is on a mission to empower today's and future leaders' purpose. To transform their brands and create sustained positive impact for their communities, enterprises and the planet.



Thanasis Moustogiannis - Greece

Athanasios graduated from the National and Kapodistrian University of Athens with a degree in Physical Education and Sports Science and then continued his post-graduate studies by earning MSc and Ph.D. in "Molecular and Applied Physiology". He has been a presenter of more than 20 posters and presentations at National and International Conferences and Meetings such as those of the American College of Sports Medicine, the European Muscle Conference, the Growth Hormone Research Society as well as Hellenic Society of Biochemistry and Physiology of Exercise.

Athanasios has won the "Best Presentation Award" at the European Muscle Conference (2015) and the American College of Sports Medicine (2018). Finally, he has published over 9 peer reviewed papers in the field of the molecular physiology of exercise.



Kenneth Miller - USA

Kenneth Miller is a veteran of the fitness and performance field for over two decades. He has educated thousands of Fitness Professionals and has presented at conferences globally. His current practice has been influenced by different facets of the fitness industry having worked as a Personal Trainer, Strength and Conditioning Coach, owning and training at his performance facility, Training Station (Alameda, California) and Master Instructor at the National Academy of Sports Medicine.

As an active practitioner and educator in the field he brings his hands-on approach to fitness professionals, medical professionals, sports and performance coaches and athletes alike.



Giorgos Moulinos - Greece

Giorgos graduated from the the University of Athens in both Physical Education and Sports Science and, Physiotherapy. He has completed Postgraduate Studies in Exercise Physiology and Nutrition at Master and Doctorate level the in US. He went on to focus on dietetics at the University of San Francisco School of Medicine and Penn State University's Dietetics Department where he specialized in the fight against childhood and adolescent obesity and Geriatric Dietetics respectively, completing his studies with honors.

In 1997, he was selected by the Ministry of Education as a member of the Steering Committee of the Harokopei University of Athens in the Department of Dietetics-Nutrition. From 1994 until today, he is an elected member of the American College of Dietetics - Nutrition, as well as a professional member of the American College of Sports Medicine.

SPEAKERS

In 2011 he completed a Postgraduate Diploma in Sports Medicine at the Medical School of Novi Sad in Serbia. In 2013 he was awarded a PhD in Sports Medicine from the same university. In 2013 he was a scientific member of the Nutrition Advisory Board (NAB) of Herbalife Nutrition in Europe. George is author of the book "Nutrition for a Better Life" with sales of over 40,000 copies throughout Greece.



Marko Geršak - Slovenia

Marko Geršak is an international presenter in fitness, Pilates and aerobic training. In Slovenia he is known as a pioneer of personal coaching and a founder of modern techniques of group exercise. Since 2000 he has educated fitness and group exercise professionals. As of 2003, he is also a representative of the renowned organization Pilates Institute Slovenia.

Marko is the head of the BODIFIT program in Slovenia, which successfully operates for more than 15 years and incorporates 7 BODIFIT Centres and over 80 professional instructors and coaches across the country. He is also the President of the section for fitness recreation and regeneration at the Slovenian Chamber of Commerce.



Giorgos Kazazidis - Greece

Giorgos is a Physical Education & Sports Science graduate (Democritus University of Thrace), specialized in Judo and swimming. He is currently completing his MSc thesis in Neuropsychology & Special Education, as well as in Exercise, Ergospirometry and Rehabilitation in the Faculty of Medicine of the University of Thessaly.

Giorgos works both in Greece and abroad, splitting his time as a strength and conditioning coach in a number of professional water polo teams including China and France, with his work as an active Personal Trainer and Pilates instructor in Athens, Greece.



Pavlina Tzouvara - Greece

Pavlina is a Professor of Physical Education and Sport and is currently the Head of the Pilates Alterlife Fitness Academy in Greece. She has extensive experience in Personal Training, Pilates (mat and Props) and aerobic step-dance. She has worked as an educator within the Alterlife Fitness Academy but also delivers a wide range of programs within the Alterlife gym chain including Body Pump, Cxworx, Body Conditioning, Pilates, Interval training Tabata, Body Bounce (trampoline) Personal Training.

SPEAKERS



Katia (Ekaterina) Vasilenko - Greece

Katia is one of the most internationally recognised fitness, dance and Pilates Method presenters with more than 18 years presenting all over the world. She holds a Masters in Pedagogy, a Bachelors in Art Marketing, is Pilates Method Alliance certified (PMA®-CPT) and Applied Kinesiology Certified.

With her dance and sport background Katia is well known for her creative aerobic, dance and step classes with her unique personal style, combining the elegance and perfectionism of dance with cardio and the fun of fitness. She is the Education Director of the A.F. Studies Pilates Academy and known in the field for her Spine and Muscular-System Rehabilitation Seminars and her innovative Pilates choreography classes.

Katia is the author of numerous DVD's for Fitness, Dance and Pilates Method programs (www.motion-system.com) and author of educational books for teachers on the Pilates Method and Rehabilitation.



Lorenzo Sommo - Italy

A fitness professional for the last 25 years, Lorenzo has been an EREPS ambassador since 2020. He holds a Masters in the Science of Training.

Since 2004 he has worked as an International Presenter, fitness educator and personal trainer in Italy and all-around Europe. He won the Adidas "I Feel Good Tour" award in 2001 and worked as educator for Endas Fitness School with his own BODY SCULPT PROGRAM: THE NEW MILLENIUM TONE in 2003. Master Trainer for Gravity Training System since 2004 he collaborated with EFI SPORT MEDICINE from San Diego and Unimed Italia. He was one of the youngest fitness presenters in Italy and in 2005 won the first "Rookie of Italy" award.

Since 2007 he has run his "Training R-Evolution" program, teaching functional training for fitness and since 2010 his own "Natural Movements" program. He is owner of a CrossFit box in Turin, Italy and an international Reebok Ambassador.



Mirjan Tahiraj - Greece

Mirjan is an extraordinary talent born in Albania, moving to Greece at the age of 10 years. Mirjan began his journey in fitness through a love of football and a passion for dancing. He graduated from Aristotele University of Thessaloniki (Serres) Department of Physical Education and Sport Science (T.E.F.A.A.) with a Specialization in Football.

Mirjan is now part of the prestigious Studio One team in Greece as an Official Master Trainer for the Personal Training, Group Exercise Leader and Choreo Masterworks Training Diplomas. An International Presenter with his incredible Step and Aerobic Choreography since 2010, Mirjan has presented at conventions all around the world. He was awarded with 1st place in the LEADERFIT ELECTION DU MEILLEUR ESPOIR, PRO FITNESS INTERNATIONAL, 2012s and is Co-founder of Dans Concept with fellow EREPS Ambassador Gio Pap (Giorgios Papapadopoulos) – they make an incredible duo!

Mirjan continues to be passionate about fitness and dedicated to making people smile and have fun in his dance and fitness classes all around the world.



Dolce Athens Attica Riviera Hotel
Attica, Greece

PROGRAMME - Saturday 17th June

09:00 - 09:10 - Welcome

Presenter: Julian Berriman, Director EuropeActive Professional Standards Committee

Julian will open this prestigious event by thanking the EREPS 20 and presenters for their attendance and active participation. He will underline the importance of EREPS as a register of qualified fitness professionals and its on-going role in the professionalisation of the fitness and physical activity Sector workforce.

09:10 - 10:00 - Making Strength Essential for Women (Practical)

Presenter: Anna Bogdanova

Session description: The benefits and vital importance of strength training for women's health are well documented. Yet, there is often a lack of focus in female targeted programs and classes on strength, power and muscle building.

Muscles are not just key to shaping our body. They're also responsible for balancing out hormones, keeping inflammation at bay, preventing osteoporosis and ensuring longevity. Building or just sustaining our muscle mass as we age can, without exaggeration, be a matter of life and death. But it can't be done while training to exhaustion and restricting calories. During this session Anna Bogdanova will share methods and techniques from her award-winning strength solutions, which in a time efficient micro training format have transformed the lives of more than 15,000 women.

10:10 - 11:00 - Cross Cardio® the Evolution of Functional Training (Practical)

Presenter: Jairo Junior

Session description: Cross Cardio® is a functional training method that is changing the lives of thousands of people around the world. It proposes a safe working mechanism that aims to provide its trainers with a repeatable and progressive process of functional development to apply to clients of all ages and abilities. Cross Cardio® starts with heart function but works toward the improvement of 360° functional health of the body's physiological and biomechanical systems. This progression respects the physical condition of clients thereby avoiding injuries while positively changing quality of life.

Cross Cardio® is a practical tool which can leverage the professional career of Personal Trainers who wish to grow and establish themselves in the fitness market through its consulting platform. For those Personal Trainers who see the potential of this highly innovative approach the Cross Cardio® program provides continuous support that proposes an evolutionary path for trainers and their clients alike. A unique, challenging and fun training method with measurable results!

PROGRAMME - Saturday 17th June

11:10 - 12:00 - KinetiCode®: Functional Pilates for Personal Training (Practical)

Presenter: Margherita Bencini

Session description: Functional training is defined by “mechanical specificity.” In simpler terms, it separates movement patterns and highlights what needs to be stabilized for correct, efficient, and healthy movement. KinetiCode® offers a unique opportunity to learn how Pilates methods can be combined with functional training tools. This seminar will explore how KinetiCode® Pilates principles, such as full-body integration, dynamic core and proprioceptor skills can enhance a creative approach to training.

Participants will learn intensive KinetiCode® Pilates routines using mat and foam roller exercises. Various strategies will be given to achieve excellent body efficiency, intelligent motor control, posture and balance, developing correct movement patterns and better performance skills. The KinetiCode® seminar will provide personal trainers with a deeper understanding of the human body’s functions and insights to incorporate into their client programs, improving the quality of injury prevention and performance training.

12:10 - 13:00 - Fitness 3.0 - The New Hybrid Era (Theory)

Presenter: Fotis Vasileiou

Session description: Nothing great comes from thinking and doing the same as everyone else. In a changing world, the future is now. Business unusual is the new business as usual. In this context adaptability, boldness and innovative thinking is key to success.

As we prepare for our future in Fitness, we expect more to change than stay the same. It is hard to deny that new consumer behaviors, technology, innovation, business models and ways to connect with customers are profoundly impacting our industry. Fitness 3.0 is the new emerging era, full of opportunities, only for those who can read the signals and are bold enough to acquire new necessary skills. However, in this new era of digitization, the human factor will prevail and this is a huge opportunity for our industry.

What are the main forces that shape the new landscape of fitness industry? How can we seize the new growth opportunities? How can we create uncontested market spaces and make the competition irrelevant? How hybrid models work and transform systems and processes? What are the required skills and mindset shifts that will help you thrive in the Fitness 3.0 Era?

We invite you on a journey of inspiration and transformation. A journey for people who have a passion to excel and are determined to better equip themselves, in order to positively impact the future of themselves and their clients.

13:00 - 15:00 - Lunch - Pool Relax

PROGRAMME - Saturday 17th June

15:00 - 15:50 - Exercise: Powerful Medicine for Health and Ageing (Theory)

Presenter: Thanasis Moustogiannis

Session description: As we get older, it is normal to lack the stamina and flexibility we had in our younger years. Aging of the body, according to modern scientific findings, is a 'normal' and not a 'pathological' development.

According to sport scientists, all older people - both men and women - can benefit from regular physical activity. This is true even for people with medical conditions such as arthritis, heart disease, obesity, and high blood pressure. Regular activity can have a positive impact on physical health, as well as our mental and emotional well-being. It can help us gain more energy and confidence, enabling us to embrace the last years of our lives with enthusiasm.

The population of older people (65 years or more) in the EU-27 will increase significantly, rising from 90.5 million at the start of 2019 to reach 129.8 million by 2050 (Eurostat, Ageing Europe - statistics on population developments, July 2020). This expanding elderly population represents a significant opportunity for Personal Trainers to support clients in their later years. This session will lay out the key benefits of exercise for older people and how Personal Trainers can best work with this important group.

16:00 - 16:50 - Feel, move and perform better through Corrective Exercise

Presenter: Kenneth Miller

Feeling and performing better comes down to improving movement quality and coordination. For over two decades Corrective Exercise (CEX) as it's been taught by the National Academy of Sports Medicine has been the vehicle for teaching fitness professionals, strength coaches and rehabilitation professionals this process. In this presentation Ken Miller will share NASM's signature 4-step process for CEX as it's been used to help clients and patients from post-rehabilitation to professional and Olympic level athletes.

17:00 - 17:50 - Nutritional Needs of the Athlete for Performance, Recovery and Health (Theory)

Presenter: Giorgos Moulinos

Session description: This is a specialised Nutritional Masterclass in which George Moulinos will present all the latest research in relation to the nutritional needs of trainees and athletes.

Given that the person who exercises compared to the person who does not exercise, is a completely different biological entity, they also have different organic requirements. In this context, the following will be analyzed:

- the hormonal profile (androgens and peptide hormones), the anabolism of matter and the differences between the two categories
- glucose metabolism in the athlete, the quantity and quality of sugars (carbohydrates) required daily

PROGRAMME - Saturday 17th June

- nitrogen balance (daily protein requirement) to adequately support the anabolism of matter
- the prevention of oxidative stress through the reduction of the production of free radicals and reactive O₂ molecules which create degenerations - alterations in every cell of the body.

18:00 - 18:50 - Fusion Balance (Practical)

Presenter: Marko Geršak

Session description: Fusion Balance is a workout that combines spectacular exercise genres such as basic and core Pilates, a mix of different yoga styles and the essence of Tai Chi and Feldenkrais technique. The foundation of the workout is posture. From the moment you start exercising, a link is established between existing posture and the feeling of awareness of one's own anatomy. The workout is a compilation of movements and techniques that are logically and energetically linked to form a harmonious and, above all, effective whole. Fusion Balance is an experience for body and mind.

21:00 - 00:00 - EREPS20 DINNER



Ammos Beach Bar & Restaurant

PROGRAMME - Sunday 18th June

09:00 - 09:50 - Core Training 2023 (Practical)

Presenters: Giorgos Kazazidis and Pavlina Tzouvara

Session description: One of the most pervasive trends in the health and fitness industry has been the continual emphasis on training the core of the body. Good core function is the ability of the trunk to support the forces of the arms and legs in the safest, strongest and most effective manner. However, the modern world is characterized by sedentary work, reduced body movement and inactive trunk and core musculature. This lack of activity often results in muscular and joint pain and discomfort in the general population. Research has also shown that a weak trunk-core not only negatively affects our health in general, but also greatly affects our athletic performance.

In this thought-provoking session Pavlina and Giorgos will introduce their Core Training Fitness Program. The focus of this comprehensive program is to evenly strengthen the deeper and superficial muscles that stabilize and move the core of our body, especially the abdominal and back muscles. The insights provided will be invaluable to Personal Trainers in working with all levels of clients from beginners to athletes and in keeping their clients strong and injury free.

10:00 - 10:50 - PT+ Injury Prevention & Human Performance Through the Pilates Method (Practical)

Presenter: Katia (Ekaterina) Vasilenko

Session description: This master class focuses on adaptations of the Pilates System for Personal Trainers engaged in intensive functional and cross training toward improving the quality of the training process and preventing injuries.

The training presented will focus on the improvement of body awareness while changing body positioning, joint stabilizations for plyometric multiarticular movements, working deep core muscles to improve spinal stability and stretching muscles exposed to excessive tension due to repetitive movements in different planes. Working in this way, will serve to increase the endurance of the anterior and posterior muscle chains in quickly changing plans of motions. The improvement of standing balance, dynamic flexibility and breathing awareness to develop stamina will also benefit from this training approach.

11:00 - 11:50 - Training R-Evolution (Practical)

Presenter: Lorenzo Sommo

Session description: The Training R-Evolution master class is a body weight functional training program personally develop by Lorenzo Sommo that will inspire and inform Personal Trainers. Every year Lorenzo develops a new approach to functional fitness training and EREPS20 attendees will be thrilled to gain an insight into his innovative programming.

Training R-Evolution is developed on music beat and, is a smart progression from easy to complex and from light to heavy training that will give Personal Trainers many ideas and options to incorporate in their own client programs. The program is focused on balancing the body structure and muscle chains to develop control, body weight strength and active mobility and, to enhance 360 degree body consciousness.

PROGRAMME - Sunday 18th June

12:00 - 12:50 - H.I.I.T & Explosive Training Masterclass (Practical)

Presenter: Mirjan Tahiraj

Session description: High intensity interval training & explosive training can be applied in fitness programs for advanced trainees and elite athletes. The benefits of these training methods are multiple and include:

- Metabolic benefits: maximises calories burned both during and post-workout
- Aerobic and anaerobic benefits: the improvement of both aerobic capacity and anaerobic threshold.
- Skill and power: the improvement of skill and power output to support elite athletic performance.

In this exciting masterclass Mirjan, while emphasising the safe application of the methods and exercises given, will seamlessly integrate H.I.I.T and explosive training so that participants can understand the multiple effects of these intensity-driven training modes. He will also match these training mediums to different competitive athletic profiles (such as martial arts, football and basketball players, tennis players) based on the ergo-physiology and demands of these sports. Finally, Mirjan will present how these forms of training can be adapted to provide a stimulating challenge and skill improvement for advanced non-athlete clients.

Employing a small group training format using body weight, hurdles, plyo-box and kettlebells, this HIIT & Explosive Training Masterclass is an incredible workout! It will maximize the explosive abilities and agility of athletes and advanced clients and, ensure outstanding results for Personal Trainers working with these groups.

13:00 - 14:30 -Team Lunch

Thank you for your support, have a safe journey home...!



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