



WORKSHOP SCHEDULE AND TOPICS

- 8:00 AM Welcome, Introductions, and Heart Rate Monitors
- 8:15 AM The Miracle Workout Participant Agreement (p. 17) and Q&A (p. 29)
- 8:30 AM Theory and Practice of The Miracle Workout (Ch. 1) with Practical
- 9:00 AM “Universal Scalability” (Ch. 2): Practical: The Senior Miracle Workout
- 9:30 AM Heart Rate Prescription and Monitoring in The Miracle Workout (Ch. 3)
- 10:00 AM FIFTEEN MINUTE BREAK AND PRODUCT SALES
- 10:15 AM The Miracle Workout is Unique (Ch. 4)
- 10:30 AM The Miracle Workout Training Results (Ch. 5)
- 10:50 AM The Miracle Workout Risk and Safety Assessment Procedures (Ch. 6)
- 11:10 AM Practical: Miracle Workout Safety Assessment Procedures (Ch. 6)
- 11:30 AM The Miracle Workout Prescription, Progression, and Workout Logs (Ch. 7)
- 12:00 N Practical: Workout Logs, Prescription, and Progression (Ch. 7)
- 12:15 PM ONE-HOUR LUNCH BREAK AND PRODUCT SALES
- 1:15 PM Outdoor, Sports-Specific, and Group Miracle Workouts (Ch. 8)
- 1:30 PM Practical: Group Cardiorom Workout
- 1:45 PM Cardio Profiling (Ch. 9)
- 2:15 PM Practical: Cardio Profiling and the Heat-up (Ch. 9)
- 2:45 PM FIFTEEN MINUTE BREAK AND PRODUCT SALES
- 3:00 PM Practical: Your Miracle Workout: Cardiolift and ROM Cool-down (Ch. 10)
- 3:45 PM Review of Your Miracle Workout
- 4:00 PM How to Teach The Miracle Workout (Ch. 11)
- 4:30 PM Q & A and Group Discussion
- 4:45 PM Workshop Evaluation
- 4:55 PM Document of Completion for CECs/CEUs
- 5:00 PM Conclusion of Workshop and Product Sales