
VII EUROPEAN FITNESS CONGRESS

15. 09. 2017.

Hotel Holiday Inn

Španskih boraca 74
New Belgrade, Serbia





TEME I PREDAVAČI / THEMES AND LECTURERS

Uvodno izlaganje:

Šta je funkcionalni trening?

DRAGAN TOMAŠEVIĆ

Generalni sekretar Saveza za rekreaciju i fitness Srbije (Srbija)

Introduction: What is the functional training ?

DRAGAN TOMAŠEVIĆ

Secretary General Serbian association for recreation and fitness (Serbia)

Kako pravilno trenirati mišićne grupe - medicinski aspekt

DR. DR. MED. HOMAYUN GHARAVI

Osnivač nemačke akademije primenjene sportske medicine DAASM (Nemačka)

Appropriate training of muscular chains from a medical perspective

DR. DR. MED. HOMAYUN GHARAVI

Founder of German Academy of Applied Sports Medicine DAASM (Germany)

Logika bola – Kako naše telo funkcioniše kroz five-method perspektivu

WOLF HARWARTH

Generalni direktor i osnivač vodeće kompanije Five za proizvodnju funkcionalnih sprava za pokretljivost i razgibavanje (Nemačka)

Logic of pain – How our body form really works in the five-method-perspective

WOLF HARWARTH

CEO and founder of the leading company for the production of functional equipment for mobility and flexibility – FIVE (Germany)

Stub snage – Optimalni obrasci pokreta za fizičke performanse

CHARLY FRENINGER

Profesor na privatnom sportskom univerzitetu u Saarbrückenu DHfPG (Nemačka)

The strength pillar – Optimal movement patterns for physical performance

CHARLY FRENINGER

Saarbrücken University (Germany)

Dont go with the flow - okluzioni trening za bolje zdravstveni status i fizičke performanse

PROF. DR MARKO STOJANOVIĆ

Fakultet sporta i fizičkog vaspitanja Univerziteta u Novom Sadu (Srbija)

Dont go with the flow – occlusion training for health and performance benefits

PROF. DR MARKO STOJANOVIĆ

Ph.D. Faculty of Sport and Physical Education, University in Novi Sad (Serbia)

Menadžment prodaje personalnih treninga – Kako izvući maksimum iz novog klijenta?

EDWARD L. GOBER

Osnivač Trainer Nation (SAD)

Personal Training Sales Management - New Client And Lead Volume Benchmarking

EDWARD L. GOBER

Founder of Training Nation (USA)

Gosti

REFIT KAMBEROVIĆ, Generalni menadžer nemačkog fitness saveza i autor osam stručnih knjiga (Nemačka – Hrvatska), **SABRINA FÜTTERER**, DSSV (Nemačka).

Guests

REFIT KAMBEROVIĆ, General Manager of German Association of Fitness (DSSV) and author of 8 professional books (Germany – Croatia), **SABRINA FÜTTERER** (DSSV).

PLAN AKTIVNOSTI / ACTIVITY PLAN



Holiday Inn – Sala Studenica/Ravanica

VREME	AKTIVNOST	LOKACIJA
09 ⁰⁰ – 09 ³⁰	Prijavlivanje učesnika/Participant registration	Foaje
09 ³⁰ – 10 ⁰⁰	Svečano otvaranje/Opening ceremony	Studenica/Ravanica
10 ⁰⁰ – 10 ³⁰	Dragan Tomašević – Uvodno izlaganje: Šta je funkcionalni trening? / Introduction: What is the functional training ?	Studenica/Ravanica
10 ³⁰ – 11 ¹⁵	Dr. Dr. med. Homayun Gharavi – Kako pravilno trenirati mišićne grupe - medicinski aspekt / Appropriate training of muscular chains from a medical perspective	Studenica/Ravanica
11 ¹⁵ – 11 ³⁰	Pitanja/Questions	Studenica/Ravanica
11 ³⁰ – 12 ⁰⁰	Pauza za kafu/Coffee break	Foaje
12 ⁰⁰ – 12 ⁴⁵	Wolf Harwarth - Logika bola – Kako naše telo funkcioniše kroz five-method perspektivu / Logic of pain – How our body form really works in the five-method-perspective	Studenica/Ravanica
12 ⁴⁵ – 13 ⁰⁰	Pitanja/Questions	Studenica/Ravanica
13 ⁰⁰ – 14 ³⁰	Ručak/Lunch	Foaje
14 ³⁰ – 15 ¹⁵	Charly Freninger – Stub snage – Optimalni obrasci pokreta za fizičke performanse/ The strength pillar – Optimal movement patterns for physical performance	Studenica/Ravanica
15 ¹⁵ – 15 ³⁰	Pitanja/Questions	Studenica/Ravanica
15 ³⁰ – 16 ¹⁵	Prof. dr Marko Stojanović – Dont go with the flow - okluzioni trening za bolje zdravstveni status i fizičke performanse / Dont go with the flow – occlusion training for health and performance benefits	Studenica/Ravanica
16 ¹⁵ – 16 ³⁰	Pitanja/Questions	Studenica/Ravanica
16 ³⁰ – 17 ¹⁵	Pauza za kafu/Coffee break	Foaje
17 ¹⁵ – 18 ⁰⁰	Edward L. Gober – Menadžment prodaje personalnih treninga – Kako izvući maksimum iz novog klijenta? / Personal Training Sales Management - New Client And Lead Volume Benchmarking	Studenica/Ravanica
18 ⁰⁰ – 18 ¹⁵	Pitanja/Questions	Studenica/Ravanica



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Република Србија
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