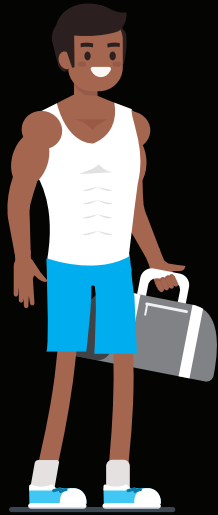


YOUR DAY AT **FIBO** GLOBAL FITNESS USA

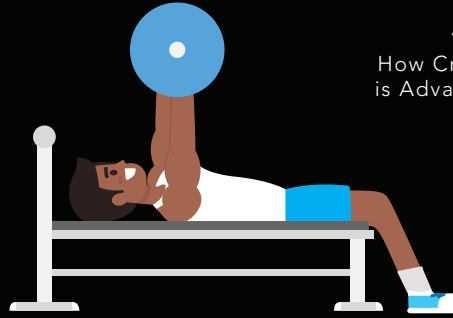
PHYSIQUE / STRENGTH ATHLETE



**FRIDAY,
OCTOBER 18**

8:00 AM
SGT Ken's Circuit Training:
Operation Craving Competition™
FitPass

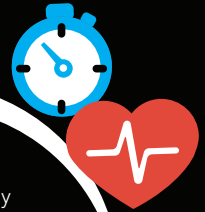
11:45 AM
Sumo or Conventional
Deadlift?
FitPass



1:00 PM
How Cryo Technology
is Advancing Recovery
FitPass

5:15 PM
Q+A with Sadik Hadzovic
FIBO Talks

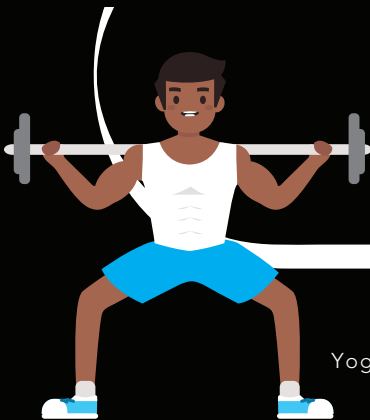
2:00 PM
YogaFit for Athletes
*Defiance Fuel Demo
Stage*



**SATURDAY,
OCTOBER 19**

3:45 PM
Top 3 Tips for a Better Workout
Patrick Vellner
FIBO Talks

3:30 PM
Olympic Weightlifting 101
Powerlifting Area



10:15 AM
Workout with Mat Fraser
HIIT Area

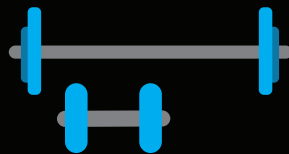
11:15 AM
Update your professional
fitness photos
FIBO Photo Booth

12:00 PM
**GRAB A HEALTHY
BITE FOR LUNCH**

8:00 AM
Yoga for Athletic
Recovery
FitPass



**SEE YOU AT
FIBO USA!**



1:00 PM
EXPLORE THE EXHIBIT HALL
Shop nutrition, apparel + at-home equipment and check
out ninja, calisthenics, and powerlifting competitions