

YOUR DAY AT



TRAINERS + INSTRUCTORS | SATURDAY, DECEMBER 8



MORNING WORKOUTS + EDUCATIONAL WORKSHOPS TO EARN CEUS

7:00 AM – 7:30 AM
Start your day with the FIBO 5K to support BASE Camp Children's Cancer Foundation

STAY HYDRATED AND HAVE A HEALTHY BREAKFAST

8:00 AM – 8:50 AM
Earn Continuing Education Units during one of our FitPass sessions from NASM, AFAA or ACE

9:00 AM – 9:50 AM
Get energized with Keiser in the spin session, "Climb: Reaching the Summit!"

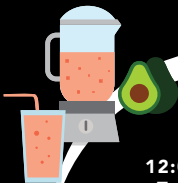


11:15 AM – 12:00 PM
Let's **shop** for new apparel and gear. We also have the latest nutrition and supplements for you to sample

10:15 AM – 11:00 AM
Test the **latest equipment, group and functional fitness workouts** and more. Be one of the first in the USA to try on an **EMS suit** and feel the results of power-driven training!



EXPLORE THE EXHIBIT HALL



12:00 PM – 12:30 PM
Take a break: Get a healthy smoothie, try Recovery Boots to reduce muscle soreness, and relax. Don't get too comfortable—there's still so much more to discover!

11:00 AM – 11:15 AM
Watch Adam Sandel attempt to break the **Guinness World Record** for the most pull-ups in one minute!

1:15 PM – 1:30 PM
Watch the strongest athletes at our **Powerlifting Competition**, featuring the Bench Press, Deadlift and Prostrict Curl



10:00 AM – 10:15 AM
Take a personal fitness shot in the interactive photo zone

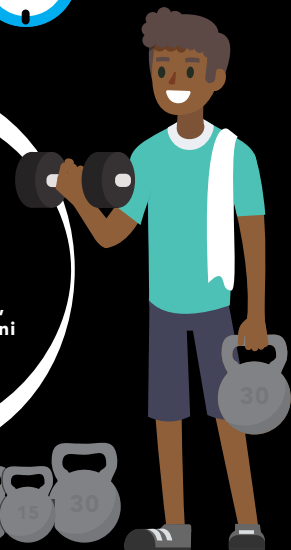
12:30 PM – 1:00 PM
Join a **Calisthenics** workshop and get inspired by the pros from Ultimate Freestyle Calisthenics League

1:00 PM – 1:15 PM
Get an energy boost during the **PILOXING®** demo with master trainer, **Viveca Jensen**

1:40 PM – 2:15 PM
Learn about the latest products and technologies during **FIBO Talks** presented by our exhibitors

Ready to take your passion for fitness to the next level? Sign up for Zumba®, STRONG by Zumba® or SoulBody Barre Instructor Training courses on Sunday, Dec. 9!

2:15 PM – 3:00 PM
Train with our **special guests, Paige Hathaway + Peter Pisani** and experience the new F45 workout!



SEE YOU AT FIBO USA!



3:00 PM – 4:00 PM
Choose your best shots from the show and share your pics! Make sure to tag FIBO USA [#FIBOUSA](#) [@FIBO_USA](#)

