

# LEARN TO TRAIN X



*We are going back to the grass roots of elitefts for this seminar.* Way back in 1998, Dave Tate began the elitefts journey of bringing top-of-the-line powerlifting training to those who truly wanted to be professionals in the sport. These seminars (over 100+) started with the Westside Seminars, Force Training Seminars, Mastering the Squat & Deadlift, Mastering the Bench and the Tour De Force.

The average strength increase for attendees within the first 12 months, applying what they learned, was 50 pounds on the bench and 75 pounds on the squat and deadlift.

Learn To Train X opens the doors to the exclusive S5 Compound to continue to bring these results to those who love the sport and the industry of powerlifting.



# WHAT TO EXPECT

This seminar is all about absolute strength. No matter where you fit in strength development - whether you are a strength coach, powerlifter, strongman, bodybuilder or any other kind of athlete or coach, you will learn the essentials to taking yourself to the next level.

- ✓ The Maximal Effort Method
- ✓ The Dynamic Effort Method
- ✓ The Repetition Method
- ✓ The Conjugated System of Programming
- ✓ How to Discover and Use Your Strengths
- ✓ How to Bring Up Weak Points
- ✓ How to Program Your Training for Maximum Results
- ✓ Look at the Big Picture and get away from Limited Time Training Cycles

# WHO IT'S FOR

Our Learn to Train seminars are, hands down, the absolute best learning and networking opportunities in the industry—so they're the perfect educational vehicle no matter who you are or what you do. For two days, you'll receive instruction in both the scientific foundations and practical application of literally everything training-related. You'll learn everything we have to teach. More importantly, however, our coaches will prepare you to go home and make your clients and athletes better.

That's the elitefts™ difference: A caliber of coaching that will enable you to address both your own training and empower the people you work with. You'll come away with a comprehensive knowledge base that'll make you a far better trainer, coach, and teammate.

LTT is the proven gold standard among industry seminars, and it's the one event you must attend if you fall into one or more of the following categories:

**Gym Owners**

**Sport Coaches**

**Personal Trainers**

**Raw and Geared Powerlifters**

**Strength & Conditioning Coaches**

**CrossFit Affiliate Owners and Coaches**

**Bodybuilders**

**Olympic Weightlifters**

**CrossFit Competitors**

**Strongman Competitors**

**Fitness/Physique Competitors**

**People Who Simply Want to Learn to Train**

# WHAT YOU'LL GET

## Thursday, August 2nd

On Thursday, the S5 Compound will open from 6-9pm for all attendees. Stop by at any time to workout with other attendees and elitefts team members and coaches.

## Friday, August 3rd

On Friday, you'll experience over seven hours of lecture from some of the world's most influential educators and practitioners in the fields of strength, performance, and fitness. Topics to be covered include:

- The Multi Year Plan
- Management & Organization of Training
- Methods & Applications of Maximal Strength
- The Development & Conditioning of Strength
- Methods & Applications of Dynamic Strength
- Implementation of the Repetition Method
- Discovery & Utilization of Strengths
- Discovery & Methods to Bring Up Weaknesses
- Recovery & General Physical Preparedness
- Changes Based On: Equipment, Supportive Equipment & PEDs
- The Hierarchy of Training Means

\*In short, we will teach you how to get strong and keep getting strong.



# WHAT YOU'LL GET

## Saturday, August 4th

Saturday, our coaches will provide the hands-on instruction for which LTT seminars have become known worldwide. At every station, you'll get individual instruction that addresses your every need. From technique discrepancies to corrective injury-prevention strategies, our coaches will show you how it's done.

<b>STATION 1</b> The Squat	Squatting, plus squat variations and special exercises for the squat.
<b>STATION 2</b> The Bench Press	Bench pressing, plus pressing variations and special exercises to increase all pressing movements.
<b>STATION 3</b> The Deadlift	Deadlifting, deadlift variations, and special exercises designed to enhance the deadlift.
<b>TEAM ELITEFTS</b> Q&A	Saturday will culminate in an extended question-and-answer session with the entire elitefts™ team. Whatever you want to know, just ask, and we'll answer. This is a once-in-a-lifetime opportunity for full, no-holds-barred in-person access to all of your favorite elitefts™ personalities.

# VIP OPTION



*15 VIP tickets will also be available for a small additional price.*

Beyond the exclusive training and seminars provided at Learn to Train X, VIP attendees will be invited to join the elitefts team on Sunday for an exclusive training session. Here, you will learn even more from the team as you train and talk with them. All coaches and speakers will be available for additional questions or further assistance with your training programs.



# SCHEDULE

## Thursday, August 2nd

🕒 6-9pm

### S5 Compound Open Gym

Located at the 1402 OH-665, London, Ohio 43140

## Friday, August 3rd

🕒 2-3pm

### Event Check-In

Located at the S5 Compound

🕒 3-6pm

### Building & Evolving Your Training Philosophy

Dave Tate, CSCS

🕒 15 min.

**\*\*Break\*\***

🕒 6:15-8:15pm

### Applying Your Training Philosophy in a Team Setting

Nate Harvey, MS, CSCS

🕒 8:15-10pm

### Pizza Social

# SCHEDULE

Saturday, August 4th

🕒 10:30am-12pm	<b>Learn to Train Block 1</b> Squat Session
🕒 12-1pm	<b>Lunch</b> Provided by City Barbeque
🕒 1-2:30pm	<b>Learn to Train Block 2</b> Bench Session
🕒 2:30-4pm	<b>Learn to Train Block 3</b> Deadlift Session
🕒 4-5pm	<b>Team elitefts™ Q&amp;A</b>
🕒 5pm	<b>Closing with Dave Tate</b>

## Coaches

Here is a list of the confirmed coaches that will help with the instructional part of the seminar:

- Dave Tate
- Nate Harvey
- Julia Ladewski
- Vinny Dizenzo
- Ted Toalston
- Dave Kirschen

*\* more coaches to be added & subject to change*





# TESTIMONIALS

"This seminar was awesome in every sense of the word, and the training and education we all received were top-notch. What made this so great for me was being around passionate, high-level people who are truly dedicated to the art and craft of training."

### **Craig Hysell**

Owner, CrossFit Hilton Head

"LTT is a tremendous opportunity to learn how to train in a setting that's unlike anything else in the world. The opportunity to ask questions and talk shop with both the elitefts™ staff and other attendees was invaluable. If you want to learn to train, go to LTT and learn from the strongest group of people you'll ever see in one room."

### **Scott Caulfield**

Coaching Program Manager/Head Strength Coach  
National Strength & Conditioning Assn.

"This is a wonderful seminar, and it was the culmination of a lot of things in my career to meet with everybody from elitefts™ and learn from them. Having the staff meet me once and remember my name for the rest of the weekend really made me feel like my attendance was appreciated."

### **Max Keirn-Whiting**

"My very first seminar resulted in two PRs during the event, and much more progress afterward, and I can't wait to get back for another one. If you truly care about learning to train, no matter what level of experience you're at, you need to be at this seminar."

### **Gina Davis-Mireles**

Owner, High Performance Fitness, Inc.

"Going to LTT was the best thing I've done since opening my business. This was, hands-down, the most technical breakdown of training I've ever seen in person. The entire room was filled with some of the best strength and conditioning coaches and lifters in the world, and they were all beyond helpful."

### **Nick Showman**

Owner, Showtime Strength & Performance  
President, Natural Ohio Bodybuilding Association

"LTT helps everyone across the board, and provides amazing instruction and learning to people of every level. Having the chance to squat, deadlift, and bench in the same facility with some of the strongest guys in the world will give you chills. This was one of the most epic weekends of my life."

### **Greg Goddard**

"I always knew elitefts™ supplied the best equipment in the world, but this was also the best seminar I've ever attended. What really amazes me about this seminar is that it's 100 percent for charity, with many coaches paying their own way there just to help out. This speaks volumes about elitefts™, and how the company really is about giving back. I can't wait for the next LTT."

### **Matt Mills**

Owner, Lightning Fitness

"Beyond the exceptional coaches and the atmosphere of the S4 Compound, what impressed me most about LTT was how genuinely interested every coach was in helping me get better. Matt Kroczaleski and Dave Tate helped me with my deadlift, and Jeremy Frey was fantastic in giving me some cues for my bench. The extent to which they gave of their time to help me improve was really humbling."

### **Kevin Kuzla**

"The amount of knowledge I left LTT has helped me tremendously with my own training, the training of my clients, and running my gym. You can't put a price on learning directly from the best minds in the game."

### **Brett Carter**

Owner, Omaha Barbell



# TESTIMONIALS

"After attending the first LTT, I really didn't think it was possible to put on a better seminar, but I was wrong. Each one has been better than the next. This was seriously the best investment I could have made in my training career."

**Steve Gabrielsen**

"LTT was one of the best personal and professional experiences I've ever had. As a strength coach with a competitive background, I was very surprised at how much new information I learned. I was also very moved by how close the members of Team elitefts™ were to each other during the event. It made me want to be a part of their team. This is a large—and I mean large—family of highly experienced lifters who gives back far more than they take. I couldn't have asked for a better experience."

**Doug Berninger**

Coaching Performance Coordinator/  
Assistant Strength Coach  
National Strength & Conditioning Assn.

"LTT was amazing. I learned a ton about technique, nutrition, and programming, and it was inspiring to be around so many accomplished athletes. An additional benefit of LTT was getting to chat and network with other attendees. I train by myself, so it's invigorating to think about how much smarter and harder I'll be about to train from now on."

**Kevin Day**

"I was amazed at how organized and filled with information LTT was. The lectures were professional and engaging, and I especially like that copies were provided for future reference. I was a little nervous at the beginning of the hands-on day, but by the end, I felt like part of the family. This was an invaluable experience, and I can't wait for the next one."

**Tessa Randopoulos**

Owner, PURE Strength & Conditioning

"Learn to Train is definitely not a misleading title. As a relative novice to training, I feel like I've advanced my knowledge by years in just two days. I'd recommend this seminar for everyone."

**Andrew Lyons**



# COACH BIOS



## Dave Tate (Featured Speaker)

Tate, the founder and CEO of elitefts™, has been deeply involved with both powerlifting and strength and conditioning for nearly thirty years. He has logged more than 10,000 hours of personal training and strength consulting sessions with professional, elite, and novice athletes, as well as professional and university strength coaches.

Through elitefts™, Tate has conducted hundreds of influential seminars and clinics for gyms, training centers, schools, and universities. His writings have appeared in publications including Powerlifting USA, Men's Fitness, Muscle & Fitness, Men's Health, and T-Nation.com.

# COACH BIOS



## Julia Ladewski

Julia Ladewski, CSCS, is a coach to strength athletes, like powerlifters, physique competitors and crossfitters as well as recreational lifters and those seeking body transformation through muscle-building and fat loss. She takes pride in helping people from all walks of life to see and reach their full potential. Ladewski is a former Division I strength & conditioning coach from the University at Buffalo, where she worked with every sport on campus.

# COACH BIOS



## Ted Toalston

Ted Toalston met Dave through a mutual friend in 2008 and quickly found his passion in powerlifting. Ted officially began powerlifting in January 2009 when he entered his first meet and secured a 1,590 total. Since then he has secured elite or better totals in the 198, 220 and 242 weight classes. His most notable placings are first in APF Senior Nationals 2010 at 198, second at APF Senior Nationals in 2012 at 198, third at WPC Worlds 2012 at 198 and first at APF Senior Nationals in 2014 at 220. Ted has worked past several serious injuries including an inguinal hernia (required surgery), a herniated disk (required surgery), torn adductor (not repairable) and in June of 2017 a torn left tricep tendon (required surgery). Ted is a multi-ply geared lifter and his best meet lifts are an 810 squat, 600 bench, 705 deadlift and a 2,115 total. Ted's next goal is to secure an elite or better total in the 275 weight class.



# COACH BIOS



## Nate Harvey (Featured Speaker)

Nate Harvey, M.S., CSCS, has joined the elitefts team as the Executive Equipment Specialist and brings years of experience and knowledge of athletic disciplines to our customers. Nate developed his vast athletic history as the former Head Strength Coach of Olympic sports at The State University of New York at Buffalo. During his ten years at UB, he coached their first ever national champion (shot put), four-team conference champions (one back to back), eight of the schools twelve total All-Americans, 18 Olympic Trial qualifiers, over 50 individual conference champions, 16 individual national qualifiers, and over 75 individual regional qualifiers using the Conjugate Method. He is also a Strength and Conditioning Consultant for the New York Jets. He was certified in Reflexive Performance Reset in February of 2017. His best total is 2450 in the 308 weight class multi-ply division. In the 275-pound class, his best total is 2250 sans supraspinatus. His best lifts are a 1000-pound squat, 750-pound bench, and 750-pound deadlift. Nate looks forward to helping address all of your equipment needs. Contact him at [NHarvey@elitefts.com](mailto:NHarvey@elitefts.com)

# COACH BIOS



## Vincent Dizenzo

As a self-coached athlete, Vincent Dizenzo held an all-time world record in the bench press and was a top ten ranked lifter for over a decade. He has benched 600 or more raw in three different weight classes and has a 900 equipped bench to his credit. Now Vincent is focused on becoming a more fit version of himself. With his undertaking of Operation Be Less Fat, Vincent has lost over 100 pounds. Through this journey, he continues to provide invaluable advice on training, nutrition, and conditioning.



# COACH BIOS



## Dave Kirschen

Dave Kirschen began powerlifting competitively in 1998, and has since reached pro totals of 1901 in the 181-pound class, and 2075 in the 198-pound class. He has also bench pressed over triple bodyweight in three weight classes at full meets. He trains at Apollon Gym in Edison, New Jersey, and coaches a powerlifting team out of EVF Performance in New York City. A 20 year veteran of the fitness industry, Dave holds a degree in Physical Education from SUNY Cortland. Kirschen lives in New Jersey with his wife Liz and son James.

# ■ MAKE A WISH

All profits from every Learn to Train seminar go to Make-a-Wish® Ohio, Kentucky, and Indiana. This means elitefts.com, Inc. will make no money from this event. ALL proceeds will be donated to Make-a-Wish®.



# DISCLAIMER



You may record any portion of the Learn to Train Seminar for personal use only. For all other use, you must have expressed written permission from elitefts™.



Before starting any physical exercise or program, please contact your physician.



If using a car service such as Lyft or Uber, ask your driver if they are willing to pick you up in London as well as dropping you off. These services are limited when leaving London.