

2007 FitSystem by Phil Oren® Workshop Outline

1-DAY FIT FUNDAMENTALS

7:30 AM	Continental Breakfast
8:00 Sharp	Introduction
8:10 AM	Lecture
	<ul style="list-style-type: none"> • The Unsung Sock • Volume • Bio-Mechanics • Incline Board • Modification
10:30 AM	Measuring (Demo), Brannock Device®, Fit Card Fitting Stool
12:00 PM	Tanning, Footwear Treatment
12:30 PM	Sales
1:00 PM	Lunch
1:45 PM	Two Work Stations Rotation #1
	<ul style="list-style-type: none"> • Measuring & Modification • Incline Board
3:45 PM	Rotation #2 Work Stations
5:45 PM	Question & Answer
6:00 PM	End of Day

2-DAY PHASE I WORKSHOP

DAY ONE

7:30 AM	Continental Breakfast
8:00 Sharp	Introduction
8:10 AM	The Unsung sock
	<ul style="list-style-type: none"> • Vapor transmission • Fibers
10:00 AM	Volume, Bio-Mechanics
11:30 AM	Measuring (Demo), Brannock Device®, Fit Card Fitting Stool
12:00 AM	Measuring, Bio-mechanics and Foot Tricks
1:00 PM	Lunch
1:45 PM	Continue Measuring, Bio-mechanics and Foot Tricks
4:00 PM	Footbeds, Walking Staffs, Incline Board
6:00 PM	Dinner
7:00 PM	Modification/Footwear Theory
8:00 PM	End of Day

DAY TWO

7:30 AM	Continental Breakfast
8:00 Sharp	Tanning, Footwear/Boot Preparation
9:00 AM	Two Work Stations Rotation #1
	<ul style="list-style-type: none"> • Modification & Measuring • Incline Board
12:00 PM	Rotation #2 Work Stations
1:00 PM	Lunch
1:45 PM	Continue Rotation #2
3:45 PM	Test
4:30 PM	Promotions
5:00 PM	Closing

2-DAY PHASE II WORKSHOP

DAY ONE

7:30 AM	Continental Breakfast
8:00 Sharp	Introduction
8:15 AM	The Unsung sock
9:00 AM	Advanced Bio-Mechanics
10:00 AM	Rotation #1 Work Stations
	Measuring & Incline Board Advanced Modification Advanced Bio-Mechanics & Custom Footbeds
11:45 AM	Rotation #2 Work Stations
1:00 PM	Lunch
1:45 PM	Continue Rotation #2
2:15 PM	Rotation #3 Work Stations
4:00 PM	Advanced Footbeds
4:45 PM	Advanced Modification
	Oren's Fore & Rear Foot Molding
6:00 PM	Dinner
7:00 PM	Practice Casting Feet, PressureSTAT/ Measuring for Custom Esatto Boots

DAY TWO

7:30 AM	Continental Breakfast
8:00 Sharp	Promotions
8:15 AM	Footwear/Boot Preparation (What's New)
8:45 AM	Gait Analysis
9:15 AM	Three Work Stations Rotation #1
	Incline Board & Measuring Modification Making Custom Footbeds
11:00 AM	Rotation #2 Work Stations
12:45 PM	Picture Taking of Class of 2005
1:00 PM	Lunch
1:45 PM	Rotation #3 Work Stations
2:45 PM	Break
3:00 PM	Workshop Closing
3:15 PM	Test
5:00 PM	Test Ends

