

## 3. Fitnesswissenschaftskongress

16. September | Frankfurt am Main

FITNESS-  
WISSEN-  
SCHAFTS-  
KONGRESS



### HÖRSAAL (NEU) SPORTCAMPUS

10.00	Check-in
12.00	Eröffnungsrede
12.15	Stuart Phillips   Resistance Training: Teaching an Old Dog New Tricks
13.15	Snack-Pause
14.15	Brad Schoenfeld   Science of Building Muscle Mass
15.15	Keith Baar   keeping our tissues healthy for life-long physical activity
16.15	Pause
16.30	Young Investigators Award   Kurzvorträge
17.30	Posterpräsentation
19.00	Empfang & Essen