

# UPSI STRENGTH & CONDITIONING CONFERENCE 2019

Applied Strength & Conditioning Conference  
for Practitioners

## 21 & 22 September 2019

FACULTY OF SPORTS SCIENCE & COACHING,  
SULTAN IDRIS EDUCATION UNIVERSITY.

Keynote Lectures | Invited Speakers | Workshop Presentations | SIG Meetings | Endurolift | Exhibitions

### ENDUROLIFT CHALLENGE 2019

When : 21 & 22 Sept. 2019 | 7.30am - 5pm

Where : Sultan Azlan Shah Campus, UPSI, Proton City, Malaysia

What : 60s x 20s RI Tire Flip 1v1 | 60s x 20s RI Deadlift 1v1 | 60s x 20s RI Barbell Row 1v1

Who : Open to all healthy adults.

How : Register Endurolift event and pay UPSI Strength & Conditioning Conference 2019 participant fee.



[www.sigconditioning.com](http://www.sigconditioning.com)

