OPTIMA EUROPE 2026

TOPICS & SPEAKERS

Category: Nutrition & Supplementation	
Tema 1	**Sanja Mazić & Marina Đelić:** *Nutrition for Hormonal Balance – How Food Shapes Energy, Stress & Results*
Tema 2	**Milan Vraneš:** *The Evolution of Supplementation – Synergy of Active Ingredients*
Tema 3	**Dijana Jelić:** *Vitamin D Through the Lens of Modern Science – Challenges & New Solutions*
Tema 4	**Davor Mumović:** *Real-Life Nutrition for Busy Clients – Sustainable Strategies Without Complexity.*
Tema 5	**Saša Plečević:** *Coaching Motivation – Tools for Sustainable Eating Habits*
Tema 6	**Marko Vukotić**: *Designing a Personalized Fat-Loss Nutrition Plan*
Tema 7	**Marko Dimitrijević:** *Weight Cutting Without Performance Loss – Nutrition Secrets of Elite MMA Fighters*
Category: Training	
Tema 8	**Andy Hanley** (NASM Master Trainer): *From Stability to Strength – The OPT Model in Action*
Tema 9	**Homayun Gharavi**: *Movement as Medicine – Designing Pain-Reducing Workouts*
Tema 10	**Dejanović Aleksandar**: *The 'Big Three' Exercises for Lower Back Pain.*
Tema 11	**Andy Hanley** (NASM Master Trainer): *Building Explosive Power – Applying the OPT Power Phase in Real Training*
Tema 12	**Milan Veselinović:** *Eccentric Training – Controlled Lowering, More Strength, Fewer Injuries*
Tema 13	**James Breese:** *Strength & Mobility Synergy – Build Resilient Bodies for Life.*
Tema 14	**Dragoljub Veljović:** *"Exercise Snacks" for Long-Term Health – Foundations of Personal and Professional Development*
Tema 15	**Ranko Rajović:** *Train the Brain – Introducing Neuro-Components Into Strength & Conditioning*
Tema 16	**Mirna Ćuzić**: *A Training Model That Always Works – Universal Protocol for Obese Clients*
Tema 17	**Mario Roška:** *Training Clients With Scoliosis – A Practical, Three-Step System*
Tema 18	**Igor Jukić:** *Lifestyle Medicine in Practice – The Timeless Prescription*
Tema 19	**Homayun Gharavi:** *Training for Seniors – Myths, Facts & Myofascial Secrets*
Tema 20	**Andy Hanley** (NASM Master Trainer): *Mastering Isometric Control: The Foundation of Stability and Movement Efficiency.*
Tema 21	**FSFV NS LAB:** *Analysis of the Countermovement Jump (CMJ) Test Through Its Phases*
Tema 22	**Dejan Mihajlović:** *Strength as the Foundation of Performance – A System for Athletes & Recreational Lifters*
Tema 23	**Turker Biyikli:** *Assess – Correct – Move: Corrective Exercise in Real Training*

Tema 24	**TRX:** *Movement Intelligence – From Stability to Performance*
Tema 25	**TRX:** *Strength & Conditioning – Progressions That Deliver Results*
Tema 26	**TRX:** *Functional Coaching – Tailoring Training to Client Goals*
Tema 27	**TRX:** *Mobility & Flow – Controlled Flexibility & Movement Awareness*
Tema 28	**Dimitrije Cabarkapa:** *Smart Monitoring for Fitness Professionals.*
Tema 29	**Andy Hanley** (NASM Master Trainer): *Applying the OPT Model with TRX, Bands & Bodyweight.*
Tema 30	**Jovana Elgec:** *Advanced Reformer Approach – Effective Group Training for Up to 10 Clients*
Tema 31	**Milan Veselinović:** *Isometric Training – Stability & Strength Without Movement*
Tema 32	**James Breese:** *Movement Longevity Lab – Optimize Everyday Athletic Performance.*
Tema 33	**Marko Ćosić:** *Strength Training in Team Sports – Progression, Regression & Variation.*
Tema 34	**Davor Štefanek:** *From the Wrestling Mat to Life Strength – Lessons From a Champion*
Tema 35	**Andy Hanley** (NASM Master Trainer): *Coaching Precision – How to Cue Movement Through the OPT Continuum*
Tema 36	**Igor Jukić:** *Load Programming in Sport – Craft, Science & Art.*
Tema 37	**Mario Roška:** *Iliopsoas – The Hidden Stabilizer.*
Tema 38	**FSFV NS LAB:** *Wearable Technology in Coaching – EMG, Apps & Performance Tracking.*

Category: Business

Tema 39	**Vladimir Joksimović:** *From Basement to System – How to Build a Sustainable Fitness Business*
Tema 40	**Milan Zarić:** *David vs. Goliath – How Small Fitness Clubs Compete on Today's Market.*
Tema 41	**Ivan Bildi:** *How ChatGPT Can Help You Become a Better Coach and Gain More Clients.*
Tema 42	**Refit Kamberović:** *Financial Literacy for Fitness Entrepreneurs – How to Manage Money, Plan Costs & Grow*
Tema 43	**Milan Ivetić:** *Effective Selling of Personal Training Services.*
Tema 44	**Maja Dimitrijević:** *How to Raise Your Prices and Still Get a "Yes" – The Psychology of Value*
Tema 45	**Miloš Vuković – Riki:** *Discipline to Freedom – Mental Principles That Lead From Fitness to Financial Independence*
Tema 46	**Apostolos Seintis:** *Digital Transformation of the Fitness Industry – Connecting Technology, Content & Experience*
Tema 47	**HFS:** *How to Earn Serious Money With Online Training – A Real-Life Case Study*
Tema 48	**Vanja Rađenović Fijan:** *Premium Experience – How to Sell Value, Not Just Equipment*