



COACHES CONGRESS

IFBB World Fitness
Championships and World
Men's Series 2025

Event Information



SUNDAY 16th
November 2025
19:00



Event Overview:

On the occasion of the **European Championships 2025**, we are pleased to invite you to **II IFBB Coaches Congress**, where fitness and bodybuilding coaches from around the world will come together for an inspiring and educational event. This congress will be an excellent opportunity to learn, share, and network with leading figures in the industry, as well as with your peers.

Who Should Attend:

- IFBB Coaches
- All the bodybuilding and fitness trainers community
- Members of IFBB College



Event Highlights:

Upon completion, all participants will receive a Participation Diploma as a mark of their engagement and development during the event.

REGISTRATION FEES:

- **Free Congress entrance for registered IFBB Coaches from the Coaches Commission with active annual membership** (doesn't include accommodation).
- **Other coaches (not accredited as IFBB coaches)** must pay the regular fee of 100€ (doesn't include accommodation).
- **IFBB Coaches Commission Members** can register through their National Federations by sending the coaches congress form to info@ifbb.com.
- To be accredited as IFBB coaches, they can do so directly by contacting their National Federation.

REGISTRATION DEADLINE:
30 October 2025

HOW TO BECOME AN IFBB INTERNATIONAL COMPETITION COACH:

- Complete the International Competition Coach Course
- Receive a nomination from your national federation
- Complete the registration process



PRELIMINARY PROGRAM:

- **Presentation by President of IFBB Rafael Santonja**
- **Presentation by Mr. Ott Kiivikas:** Body Composition Changes in Older Age
- **Presentation by Mag. Ville Isola:** Optimizing Physique Athlete - Weight Loss: Practical - Strategies from Cutting-Edge
- **Presentation by Prof. Armando S. Marquez:** Eccentris: The Key to Maximizing Strength & Hypertrophy
- **Presentation Dra. Martina Ollesch:** Gut health and athletic performance - No guts no glory
- **Presentation by Dr. Sadegh Hashemi:** Metabolic Resistance Training: How to Maximize Caloric Burn & Conditioning
- **Presentation by PhD Associate Professor Cristian Fircă:** Progressive Overload in Bodybuilding: Biomechanical and Physiological Adaptations - A Scientific Perspective on Strength and Hypertrophy Development
- **Presentation Ms. Aino- Maija Laurila:** Combining Psychological and Technical Preparation for excellent Stage Performance