


<b>PADDINGTON</b> Evolution Outdoors 2011 - February		Amy Bridle 0412 230 926 amyb@etwgroup.com	<b>RED SESSIONS</b> Cardio vascular based training of moderate to high intensity	<b>BLUE SESSIONS</b> Total body strength, weight bearing & stabilisation exercises	<b>GREEN SESSIONS</b> Focus on mind-body connection; lower, upper and core body strength
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WEEK 1					
Monday @ 6am 7 February 2011	Tuesday @ 6am 8 February 2011	Wednesday @ 6am 9 February 2011	Thursday @ 6am 10 February 2011	Friday @ 6am 11 February 2011	Saturday @ 7am 12 February 2011
Barbell Weights & Sprints	Burn & Flex	Power Punch	Yoga	Run for Endurance & Barbell Weights	No Session
Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
Barbell Weights: build and tone your muscles with outdoor weights training. & Sprints: Short and sweet for an awesome metabolic boost.	a high intensity circuit followed by a long gentle stretch	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Run for Endurance: this session builds your running endurance with a continual run catering for all levels. & Barbell Weights: build and tone your muscles with outdoor weights training.	

WEEK 2					
Monday @ 6am 14 February 2011	Tuesday @ 6am 15 February 2011	Wednesday @ 6am 16 February 2011	Thursday @ 6am 17 February 2011	Friday @ 6am 18 February 2011	Saturday @ 7am 19 February 2011
Assessment session	Core, Cones and Hills & Stretch it out	Power Punch	Yoga	Resistance Tubes & Run for Endurance	
Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
periodic testing to measure your overall progress.	Core, Cones and Hills: dynamic strengthening drills and core blast alternated with running and hills & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Resistance Tubes: the ultimate strength and conditioning tool. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	

WEEK 3					
Monday @ 6am 21 February 2011	Tuesday @ 6am 22 February 2011	Wednesday @ 7am 23 February 2011	Thursday @ 6am 24 February 2011	Friday @ 6am 25 February 2011	Saturday @ 7am 26 February 2011
Med Ball Mashup & Sprints	Body Blast	Power Punch	Yoga	Med Ball Mashup & Run for Endurance	
Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost.	total body workout focusing on strength, cardio and core.	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Med Ball Mashup: strength work using medball for additional resistance. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	

WEEK 4					
Monday @ 6am 28 February 2011	Tuesday @ 6am 1 March 2011	Wednesday @ 6am 2 March 2011	Thursday @ 6am 3 March 2011	Friday @ 6am 4 March 2011	Saturday @ 7am 5 March 2011
Agility Blast & No Pain No Gain	Circuit Combo	Power Punch	Yoga	Body Blast & Run for Endurance	
Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
Agility Blast: challenging and fun class using props to improve agility & co-ordination & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	total body circuit (can be equipment or non-equipment based)	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Body Blast: total body workout focusing on strength, cardio and core. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	

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