


<b>MAROUBRA</b> Evolution Outdoors 2011 - March		<b>Luke Duffy</b> 0409 072 847 ljd_pt@hotmail.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 March 2011	Tuesday @ 6am 8 March 2011	Wednesday @ 6am 9 March 2011	Thursday @ 6am 10 March 2011	Friday @ 6am 11 March 2011	Saturday @ 7am 12 March 2011
Double Grip Med Balls & Run for Endurance	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Box with Power	Power Punch
Maroubra Beach	Queens Park	Maroubra Beach	Queens Park	Coogee Beach	Centennial Park
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Postural Pilates: improve posture and core strength with outdoor pilates & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop endurance and power.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch it Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Hi rep boxing drills to develop endurance and power.	Punch like a heavy weight to build power and endurance.

WEEK 2					
Monday @ 6am 14 March 2011	Tuesday @ 6am 15 March 2011	Wednesday @ 6am 16 March 2011	Thursday @ 6am 17 March 2011	Friday @ 6am 18 March 2011	Saturday @ 7am 19 March 2011
Barbell Weights & Run for Endurance	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Box with Power	Body Blast
Maroubra Beach	Queens Park	Maroubra Beach	Queens Park	Coogee Beach	Bronte Park
Barbell Weights: build and tone your muscles with outdoor weights training. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Postural Pilates: improve posture and core strength with outdoor pilates & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop endurance and power.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch it Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Hi rep boxing drills to develop endurance and power.	total body workout focusing on strength, cardio and core.

WEEK 3					
Monday @ 6am 21 March 2011	Tuesday @ 6am 22 March 2011	Wednesday @ 6am 23 March 2011	Thursday @ 6am 24 March 2011	Friday @ 6am 25 March 2011	Saturday @ 7am 26 March 2011
Med Ball Mashup & Run for Endurance	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Box with Power	No Pain No Gain
Maroubra Beach	Queens Park	Maroubra Beach	Queens Park	Coogee Beach	Centennial Park
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.	Postural Pilates: improve posture and core strength with outdoor pilates & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop endurance and power.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch it Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Hi rep boxing drills to develop endurance and power.	a surprise circuit that could be bodyweight or equipment based.

WEEK 4					
Monday @ 6am 28 March 2011	Tuesday @ 6am 29 March 2011	Wednesday @ 6am 30 March 2011	Thursday @ 6am 31 March 2011	Friday @ 6am 1 April 2011	Saturday @ 8am 2 April 2011
Kettlebells & Run for Endurance	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Box with Power	Inter KLIK Challenge
Maroubra Beach	Queens Park	Maroubra Beach	Queens Park	Coogee Beach	Centennial Park
Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Postural Pilates: improve posture and core strength with outdoor pilates & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop endurance and power.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch it Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Hi rep boxing drills to develop endurance and power.	The battle of the KLIKs. Relays, races, challenges and games to test who is the GREATEST KLIK of them all

SESSION OPTIONS		KLIK ALLIANCE PARTNER	LOCATION FINDER
Thursday @ 6am	Thursday @ 6am	Please show your support for our Alliance Partners	Internet search for more location descriptions
Body Blast & Yoga	No Pain No Gain Run for Fun Yoga	<div> <div> <div>MOBILE MASSAGE</div> <div>THERAPEUTIC MASSAGE IN YOUR HOME</div> <div> <div>EVOLUTIONITES GET</div> <div>\$25 OFF</div> <div>YOUR FIRST MASSAGE</div> </div> <div> <div>REMEDIAL • SPORTS • SWEDISH</div> <div>TRIGGER POINTS • RELAXATION</div> <div>DETOX • DEEP TISSUE</div> <div>1HR \$95 • 1½ HR \$135</div> <div>9AM TO 9PM • 7 DAYS</div> </div> <div>CALL YANA: 0411 628 811</div> <div>HEALTH FUND REBATES &amp; GIFT VOUCHERS</div> <div>  </div> </div> </div>	"Evolution where do we train"
Bronte Park	Ask your Evolutionary		<div>Centennial Park</div> <div>Lyne Park</div>
Body Blast: total body workout focusing on strength, cardio and core. & Yoga: improve flexibility core and mind body connection	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection		<div>Best entrances to use is the Paddington Gates entry. Meeting point is just off the road next to the main restaurant (on the left side if you are facing the kiosk). The closest cross street (in the Park) is Parkes Street.</div> <div>Located off New South Head Road in Rose Bay. Nearest cross streets are O'Sullivan Road and Kent Road. We meet in the park adjacent to Catalinas Restaurant.</div>

<b>Thursday 24th March</b> Time to celebrate the hard work  <b>Sweet 16 Awards Night</b> The Evo Cleanse led into the Sweet 16 Challenge and many of you have flourished. Join us for a fun evening to reflect on those great achievements but also to look forward to the rest of the year.  for more info contact - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>	<b>Saturday 2nd April</b> Which KLIK will take the trophy?  <b>InterKLIK Challenge 4</b> Come along and represent your KLIK as you compete against the other KLIKs in different races & games during a fun filled day  for more info contact - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>	<b>Saturday &amp; Sunday 21st &amp; 22nd May</b> Join in with the trainers & evolutionites  <b>Relay for Life</b> It's not a race, teams of 10-15 people take turns to walk or run around the track. A huge part of Relay For Life is the atmosphere - it's a carnival and celebration, but also a heart-warming time to reflect & share experiences  for more info contact - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>
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