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| <b>MAROUBRA</b><br>Evolution Outdoors<br>2011 - June<br>6am sessions | <br>evolution<br>to wellbeing<br>www.evolutionstarts6am.com | Tom Powell<br>0424 093 133<br>tom@etwgroup.com | <b>RED SESSIONS</b><br>Cardio vascular based training of moderate to high intensity | <b>BLUE SESSIONS</b><br>Total body strength, weight bearing & stabilisation exercises | <b>GREEN SESSIONS</b><br>Focus on mind-body connection; lower, upper and core body strength |
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| WEEK 1  |   |  |  |  |   |
|---|---|--|--|--|---|
| Monday @ 6am<br>30 May 2011   | Tuesday @ 6am<br>31 May 2011  | Wednesday @ 6am<br>1 June 2011                       | Thursday @ 6am<br>2 June 2011  | Friday @ 6am<br>3 June 2011  | Saturday @ 7am<br>4 June 2011                                   |
| Double Grip Med Balls<br>&<br>Run for Endurance   | Yoga<br>&<br>Body Blast   | Box with Power                                       | Yoga<br>&<br>No Pain No Gain   | Double Grip Med Balls<br>Sprints<br>Stretch It Out   | No Pain No Gain   |
| Maroubra Beach  | Logan Dance Studio  | Maroubra Beach                                       | Logan Dance Studio   | Maroubra 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. | Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core. | Hi rep boxing drills to develop endurance and power. | Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. | Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions | a surprise circuit that could be bodyweight or equipment based. |

| WEEK 2   |   |  |  |  |   |
|--|---|--|--|--|---|
| Monday @ 6am<br>6 June 2011  | Tuesday @ 6am<br>7 June 2011  | Wednesday @ 6am<br>8 June 2011                       | Thursday @ 6am<br>9 June 2011  | Friday @ 6am<br>10 June 2011   | Saturday @ 7am<br>11 June 2011                            |
| Barbell Weights<br>&<br>Interval Based Running   | Yoga<br>&<br>Body Blast   | Box with Power                                       | Yoga<br>&<br>No Pain No Gain   | Barbell Weights<br>Sprints<br>Stretch It Out   | Body Blast  |
| Maroubra Beach   | Logan Dance Studio  | Maroubra Beach                                       | Logan Dance Studio   | Maroubra Beach   | Bronte Park   |
| Barbell Weights: build and tone your muscles with outdoor weights training. & Interval Based Running: Interval based running session to get you running faster and further | Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core. | Hi rep boxing drills to develop endurance and power. | Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. | Barbell Weights: build and tone your muscles with outdoor weights training. & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions | total body workout focusing on strength, cardio and core. |

| WEEK 3                             |   |  |  |  |  |
|------------------------------------|---|--|--|--|--|
| Monday @ 7am<br>13 June 2011       | Tuesday @ 6am<br>14 June 2011   | Wednesday @ 6am<br>15 June 2011  | Thursday @ 6am<br>16 June 2011   | Friday @ 6am<br>17 June 2011   | Saturday @ 7am<br>18 June 2011   |
| Public Holiday Session             | Yoga<br>&<br>Body Blast   | Challenge Yourself   | Yoga<br>&<br>No Pain No Gain   | Med Ball Mashup<br>Sprints<br>Stretch It Out   | Kayaking<br>&<br>Body Blast  |
| Bronte Park                        | Logan Dance Studio  | Maroubra Beach   | Logan Dance Studio   | Maroubra Beach   | Balmoral Beach   |
| A surprise is as good as a holiday | Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core. | Set a benchmark for yourself in this session. Next time around you'll see how much you've improved | Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. | Med Ball Mashup: strength work using medball for additional resistance. & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions | Kayaking: Get out on the water and feed your soul on Sydney Harbour. & Body Blast: total body workout focusing on strength, cardio and core. |

| WEEK 4  |   |  |  |   |   |
|---|---|--|--|---|---|
| Monday @ 6am<br>20 June 2011  | Tuesday @ 6am<br>21 June 2011   | Wednesday @ 6am<br>22 June 2011                      | Thursday @ 6am<br>23 June 2011   | Friday @ 6am<br>24 June 2011  | Saturday @ 7am<br>25 June 2011  |
| Kettlebells<br>&<br>Interval Based Running  | Yoga<br>&<br>Body Blast   | Box with Power                                       | Yoga<br>&<br>No Pain No Gain   | Kettlebells<br>Sprints<br>Stretch It Out  | Mega Session<br>&<br>Kayaking   |
| Maroubra Beach  | Logan Dance Studio  | Maroubra Beach                                       | Logan Dance Studio   | Maroubra Beach  | Rozelle   |
| Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Interval Based Running: Interval based running session to get you running faster and further | Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core. | Hi rep boxing drills to develop endurance and power. | Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. | Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions | Mega Session: extended training session, bring a friend and introduce them to the Evolution way. Starting from 7am. Come along whenever suits and make a morning of it!! & Kayaking: Get out on the water and feed your soul on Sydney Harbour. |

| THURSDAY RUN FOR FUN SESSIONS             |                                       | SESSION OPTIONS  | KLICK ALLIANCE PARTNER  |
|---|---------------------------------------|--|---|
| WEEK 1 Thursday<br>Rushcutters Bay Park   | WEEK 2 Thursday<br>Logan Dance Studio | Tuesday @ 6am<br>Howey Circuit   | <br>Please show your support for our Alliance Partners<br>Enjoy great coffee and a relaxed vibe post session or after a weekend walk along the beach.<br>202 Marine Pde, Maroubra Beach 2035 |
|   |                                       | Bronte Park  |   |
| WEEK 3 Thursday<br>Woollahra Sailing Club | WEEK 4 - Thursday<br>Bronte Park      | challenge your body as only Howard can ...a once a week must!!   |   |
|   |                                       | Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. |   |

| LOCATION FINDER   |   | Bring a Friend Fridays   | Monday 27th June  |
|---|---|--|---|
| Internet search for more location descriptions  |   | Every Friday this timetable  | Fill your body with nutritious food   |
| "Evolution where do we train"   |   | most friends each 4 week block   | 10 Day Cleanse Challenge  |
| Logan Dance Studio  | Woollahra Sailing Club  | Fridays are "Bring a Friend Fridays"! The perfect chance to bring someone along for a free session so they can experience first hand why Evolution starts @ 6am. | For a 10 day period you will be encouraged to stop consuming stimulants like coffee and alcohol, cut out processed and tinned food, gluten and dairy. |
| 161 Alison Rd, Randwick. Located on corner of Alison & Belmore Road. Head up the stairs of the yellow building. | The club is located right next to Lyne Park in Rose Bay. Enter Vickery Avenue off New South Head Road, and park behind the Tennis courts. | for more info contact - tom@etwgroup.com   | for more info contact - rob@etwgroup.com  |