


MAROUBRA Evolution Outdoors 2011 - August 6am sessions	 evolution to wellbeing www.evolutionstarts6am.com	Tom Powell 0424 093 133 tom@etwgroup.com	RED SESSIONS Cardio vascular based training of moderate to high intensity	BLUE SESSIONS Total body strength, weight bearing & stabilisation exercises	GREEN SESSIONS Focus on mind-body connection; lower, upper and core body strength
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WEEK 1					
Monday @ 6am 25 July 2011	Tuesday @ 6am 26 July 2011	Wednesday @ 6am 27 July 2011	Thursday @ 6am 28 July 2011	Friday @ 6am 29 July 2011	Saturday @ 7am 30 July 2011
Double Grip Med Balls & Balanced Attack	Yoga & Body Blast	Box with Power	No Pain No Gain & Stretch it out	Double Grip Med Balls Sprints & Stretch It Out	No Pain No Gain
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Queens Park
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Balanced Attack: improve your balance & co-ordination using simple drills	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 cardio 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	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 1 August 2011	Tuesday @ 6am 2 August 2011	Wednesday @ 6am 3 August 2011	Thursday @ 6am 4 August 2011	Friday @ 6am 5 August 2011	Saturday @ 7am 6 August 2011
Barbell Weights & Interval Based Running	Yoga & Body Blast	Box with Power	No Pain No Gain & Stretch it out	Barbell Weights Sprints & Stretch It Out	Body Blast
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Centennial 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 cardio 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	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 @ 6am 8 August 2011	Tuesday @ 6am 9 August 2011	Wednesday @ 6am 10 August 2011	Thursday @ 6am 11 August 2011	Friday @ 6am 12 August 2011	Saturday @ 7am 13 August 2011
Med Ball Mashup & Run for Endurance	Yoga & Body Blast	Box with Power	No Pain No Gain & Stretch it out	Challenge Yourself	Kayaking & Body Blast
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Rose Bay
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.	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 cardio 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	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	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 15 August 2011	Tuesday @ 6am 16 August 2011	Wednesday @ 6am 17 August 2011	Thursday @ 6am 18 August 2011	Friday @ 6am 19 August 2011	Saturday @ 7am 20 August 2011
Dumbbell Demons & Skipping	Yoga & Body Blast	Box with Power	No Pain No Gain & Stretch It Out	Dumbbell Demons Sprints & Stretch It Out	Mega Session
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	St Leonards Park
Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Skipping: alternate running and strength exercises with interval based rope jumping.	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 cardio 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	Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	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!!

THURSDAY RUN FOR FUN SESSIONS		SESSION OPTIONS	KLICK ALLIANCE PARTNER
WEEK 1 Thursday Rushcutters Bay Park	WEEK 2 Thursday Logan Dance Studio	Tuesday @ 6am Howey Circuit	Please show your support for our Alliance Partners 
		Bronte Park	
WEEK 3 Thursday Woollahra Sailing Club	WEEK 4 - Thursday Bronte Park	challenge your body as only Howard can ...a once a week must!!	Order your organic fruit and veg box on a Tuesday and collect Fri arvo onwards. Large = \$55, Small = \$35. Email organics@molllys.com.au 
LOCATION FINDER		Sunday 14th August	Thursday 25th August
Internet search for more location descriptions		World's largest fun run	
"Evolution where do we train"		City 2 Surf - 14km fun run	
Logan Dance Studio	Woollahra Sailing Club	City2Surf is the world's largest run and Sydney's favourite sporting event. Join 80,000 people on the 14km journey from Hyde Park in Sydney's CBD to Bondi Beach for more info contact - rob@etwgroup.com www.city2surf.com.au	
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.	Time to celebrate the hard work Evo 'Oscars' Awards Night 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 - rob@etwgroup.com	