


RUSHCUTTERS Evolution Outdoors 2011 - August 6am sessions	 www.evolutionstartsat6am.com	Rob Meneses 0418 99 66 89 rob@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
Med Ball Mashup & Sprints	Rush Hour & Run for Endurance	Med Ball Mashup & Resistance Tubes	Yoga & No Pain No Gain	Box with Power	No Pain No Gain
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Woollahra Sailing Club	Rushcutters Bay Park	Queens Park
Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Hi rep boxing drills to develop cardio endurance and power.	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
Fighting Fit & Sprints	Rush Hour & Run for Endurance	Challenge Yourself	Yoga & No Pain No Gain	Box with Power	Body Blast
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Woollahra Sailing Club	Rushcutters Bay Park	Centennial Park
Fighting Fit: using punch shields and MMA gloves you'll be working up a sweat and on your way to becoming a Cage fighting champion & Sprints: Short and sweet for an awesome metabolic boost.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	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.	Hi rep boxing drills to develop cardio endurance and power.	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
Double Grip Med Balls & Sprints	Rush Hour & Run for Endurance	Double Grip Med Balls & Balanced Attack	Yoga & No Pain No Gain	Box with Power	Kayaking & Body Blast
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Woollahra Sailing Club	Rushcutters Bay Park	Rose Bay
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Sprints: Short and sweet for an awesome metabolic boost.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	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 & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Hi rep boxing drills to develop cardio endurance and power.	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
Fighting Fit & Sprints	Rush Hour & Run for Endurance	Barbell Weights & Moving Circuit	Yoga & No Pain No Gain	Box with Power	Mega Session
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Woollahra Sailing Club	Rushcutters Bay Park	St Leonards Park
Fighting Fit: using punch shields and MMA gloves you'll be working up a sweat and on your way to becoming a Cage fighting champion & Sprints: Short and sweet for an awesome metabolic boost.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & 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. & Moving Circuit: moving through the park. Using nature for a combo cardio and strength session.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Hi rep boxing drills to develop cardio endurance and power.	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 Yoga & Body Blast	 Shop 16, 24-30 Springfield Avenue Potts Point 9380 7232 and say hi to Alister
		Logan Dance Studio	
WEEK 3 Thursday Woollahra Sailing Club	WEEK 4 - Thursday Bronte Park	Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core.	Thursday 25th August 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
LOCATION FINDER Internet search for more location descriptions "Evolution where do we train" Logan Dance Studio 161 Alison Rd, Randwick. Located on corner of Alison & Belmore Road. Head up the stairs of the yellow building.		Sunday 14th August World's largest fun run City 2 Surf - 14km fun run 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	