


<b>RUSHCUTTERS</b> Evolution Outdoors 2011 - Aug/Sept 6am sessions	 www.evolutionstarts6am.com	<b>Rob Meneses</b> 0418 99 66 89 rob@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 22 August 2011	Tuesday @ 6am 23 August 2011	Wednesday @ 6am 24 August 2011	Thursday @ 6am 25 August 2011	Friday @ 6am 26 August 2011	Saturday @ 7am 27 August 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 29 August 2011	Tuesday @ 6am 30 August 2011	Wednesday @ 6am 31 August 2011	Thursday @ 6am 1 September 2011	Friday @ 6am 2 September 2011	Saturday @ 7am 3 September 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 5 September 2011	Tuesday @ 6am 6 September 2011	Wednesday @ 6am 7 September 2011	Thursday @ 6am 8 September 2011	Friday @ 6am 9 September 2011	Saturday @ 7am 10 September 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 12 September 2011	Tuesday @ 6am 13 September 2011	Wednesday @ 6am 14 September 2011	Thursday @ 6am 15 September 2011	Friday @ 6am 16 September 2011	Saturday @ 7am 17 September 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	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.	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 RUN SESSIONS		SESSION OPTIONS	KLICK ALLIANCE PARTNER
WEEK 1 Thursday Rushcutters Bay Park	WEEK 2 Thursday Logan Dance Studio	Tuesday @ 6am	Thursday @ 6am
		Pilates & Body Blast	Yoga & No Pain No Gain
		Logan Dance Studio	Logan Dance Studio
WEEK 3 Thursday Woollahra Sailing Club	WEEK 4 - Thursday Bronte Park	Pilates: improve posture and core strength with outdoor pilates & 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.

LOCATION FINDER		Thursday 25th August	Sunday 18th September
Internet search for more location descriptions		Time to celebrate the hard work	The last fun run of the year!
"Evolution where do we train"		Evo 'Oscars' Awards Night	Sydney Running Festival
Logan Dance Studio	Woollahra Sailing Club	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.	Join in the fun of the Blackmores Sydney Running Festival on Sunday 18 September and enjoy Australia's most spectacular course. With a choice of four race lengths - 4, 9, 21 and 42km, there's a run for everyone
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 - rob@etwgroup.com	for more info contact - rob@etwgroup.com