



MAROUBRA Evolution Outdoors 2011 - Aug/Sept 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 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
Double Grip Med Balls & Shuttles	Pilates & Body Blast	Box with Power	Yoga & No Pain No Gain	Circuit Combo 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 & Shuttles: Short distance runs working on acceleration, turning and power.	Pilates: improve posture and core strength with outdoor pilates & Body Blast: total body workout focusing on strength, cardio and core.	Hi rep boxing drills to develop cardio 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.	Circuit Combo: total body circuit (can be equipment or non-equipment based) & 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 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
Barbell Weights & Interval Based Running	Pilates & Body Blast	Box with Power	Yoga & No Pain No Gain	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	Pilates: improve posture and core strength with outdoor pilates & Body Blast: total body workout focusing on strength, cardio and core.	Hi rep boxing drills to develop cardio 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 @ 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
Med Ball Mashup & Resistance Tubes	Pilates & Body Blast	Box with Power	Yoga & No Pain No Gain	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. & Resistance Tubes: the ultimate strength and conditioning tool.	Pilates: improve posture and core strength with outdoor pilates & Body Blast: total body workout focusing on strength, cardio and core.	Hi rep boxing drills to develop cardio 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.	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 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
Dumbbell Demons & Interval Based Running	Pilates & Body Blast	Box with Power	Yoga & No Pain No Gain	Circuit Combo Sprints Stretch It Out	Mega Session
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Centennial Park
Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Interval Based Running: Interval based running session to get you running faster and further	Pilates: improve posture and core strength with outdoor pilates & Body Blast: total body workout focusing on strength, cardio and core.	Hi rep boxing drills to develop cardio 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.	Circuit Combo: total body circuit (can be equipment or non-equipment based) & 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		KLIK ALLIANCE PARTNER
WEEK 1 Thursday Rushcutters Bay Park	WEEK 2 Thursday Logan Dance Studio	Tuesday @ 6am Howey Circuit	Thursday @ 6am Yoga & No Pain No Gain	Please show your support for our Alliance Partners MEET YOU AT MOLLY'S MCKEON STREET MAROUBRA 2035
		Bronte Park	Woollahra Sailing Club	
WEEK 3 Thursday Woollahra Sailing Club	WEEK 4 - Thursday 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.	Order your organic fruit and vege box on a Tuesday and collect Fri arvo onwards. Large = \$55, Small = \$35. Email organics@mollys.com.au
				

MEET YOU AT MOLLY'S
MCKEON STREET MAROUBRA 2035



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