


<b>RUSHCUTTERS</b> Evolution Outdoors 2011 - Sept/Oct <b>6am sessions</b>	 evolution to wellbeing 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 19 September 2011	Tuesday @ 6am 20 September 2011	Wednesday @ 6am 21 September 2011	Thursday @ 6am 22 September 2011	Friday @ 6am 23 September 2011	Saturday @ 7am 24 September 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	Rushcutters Bay Park	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 26 September 2011	Tuesday @ 6am 27 September 2011	Wednesday @ 6am 28 September 2011	Thursday @ 6am 29 September 2011	Friday @ 6am 30 September 2011	Saturday @ 7am 1 October 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	Lyne Park	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 @ 7am 3 October 2011	Tuesday @ 6am 4 October 2011	Wednesday @ 6am 5 October 2011	Thursday @ 6am 6 October 2011	Friday @ 6am 7 October 2011	Saturday @ 7am 8 October 2011
Public Holiday Session	Rush Hour & Run for Endurance	Double Grip Med Balls & Balanced Attack	Yoga & No Pain No Gain	Box with Power	Kayaking & Body Blast
Centennial Park	Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Rose Bay
A surprise is as good as a holiday	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 10 October 2011	Tuesday @ 6am 11 October 2011	Wednesday @ 6am 12 October 2011	Thursday @ 6am 13 October 2011	Friday @ 6am 14 October 2011	Saturday @ 7am 15 October 2011
Fighting Fit & Sprints	Rush Hour & Run for Endurance	Barbell Weights & Moving Circuit	Yoga & No Pain No Gain	Box with Power	Inter KLIK Challenge
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Lyne Park	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.	The battle of the KLIKs. Relays, races, challenges and games to test who is the GREATEST KLIK of them all

THURSDAY RUN	SESSION OPTIONS	Saturday 15th October	Saturday 3rd December
Session @ roving location	Tuesday @ 6am	Can Coogee KLIK hold onto the title?	The most fun with your pants on!
Week 1 Rushcutters Bay Park	Yoga &	<b>Inter KLIK Challenge</b> Join in & represent your KLIK as you compete against the other KLIKs in a variety of fun games & competitive races.  for more info contact - rob@etwgroup.com	<b>Mud Run</b> The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course!  for more info contact - rob@etwgroup.com
Week 2 Lyne Park, Rose Bay	Howey Circuit		
Week 3 Coogee Beach	Bronte Park		
Week 4 Lyne Park, Rose Bay	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!		

KLIK ALLIANCE PARTNER	KLIK ALLIANCE PARTNER	KLIK ALLIANCE PARTNER
Please show your support for our Alliance Partners	Please show your support for our Alliance Partners	Please show your support for our Alliance Partners

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