


<b>RUSHCUTTERS</b> Evolution Outdoors 2011 - Sept/Oct <b>9.15am 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 @ 9.15am 19 September 2011	20 September 2011	Wednesday @ 9.15am 21 September 2011	22 September 2011	Friday @ 9am 23 September 2011	Saturday @ 7am 24 September 2011
Med Ball Mashup	REST DAY - NO SESSION	Med Ball Mashup & Resistance Tubes	REST DAY - NO SESSION	Box with Power	No Pain No Gain BONUS SESSION
Rushcutters Bay Park		Rushcutters Bay Park		Rushcutters Bay Park	Queens Park
strength work using medball for additional resistance.		Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.		Hi rep boxing drills to develop cardio endurance and power.	a surprise circuit that could be bodyweight or equipment based.

WEEK 2					
Monday @ 9.15am 26 September 2011	27 September 2011	Wednesday @ 9.15am 28 September 2011	29 September 2011	Friday @ 9am 30 September 2011	Saturday @ 7am 1 October 2011
Shield Yourself	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Box with Power	Body Blast BONUS SESSION
Rushcutters Bay Park		Rushcutters Bay Park		Rushcutters Bay Park	Centennial Park
strength, stability and core work using kick shields.		Set a benchmark for yourself in this session. Next time around you'll see how much you've improved		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	4 October 2011	Wednesday @ 9.15am 5 October 2011	6 October 2011	Friday @ 9am 7 October 2011	Saturday @ 7am 8 October 2011
Public Holiday Session	REST DAY - NO SESSION	Double Grip Med Balls & Balanced Attack	REST DAY - NO SESSION	Box with Power	Kayaking BONUS SESSION Body Blast
Centennial Park		Rushcutters Bay Park		Rushcutters Bay Park	Rose Bay
A surprise is as good as a holiday		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		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 @ 9.15am 10 October 2011	11 October 2011	Wednesday @ 9.15am 12 October 2011	13 October 2011	Friday @ 9am 14 October 2011	Saturday @ 7am 15 October 2011
Barbell Weights	REST DAY - NO SESSION	Barbell Weights & Moving Circuit	REST DAY - NO SESSION	Box with Power	Inter KLIK Challenge BONUS SESSION
Rushcutters Bay Park		Rushcutters Bay Park		Rushcutters Bay Park	Centennial Park
build and tone your muscles with outdoor weights training.		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.		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

Saturday 15th October			Saturday 3rd December		
Can Coogee KLIK hold onto the title?			The most fun with your pants on!		
Inter KLIK Challenge			Mud Run		
Join in & represent your KLIK as you compete against the other KLIKs in a variety of fun games & competitive races.			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			for more info contact - rob@etwgroup.com		

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	

 <b>adOra</b> - HEALTHY LIVING - <b>Health Food Store</b> www.adorahhealthyliving.com Ph 9380 8820 5% discount on all items for Evolution clients Shop G05, 46a Macleay Street Potts Point Entry from Greenknowe Ave	 <b>the running company.</b>   potts point For all your shoes & apparel needs. Say hi to Alister & Gerald & tell them Evo sent you!! Shop 16, 24-30 Springfield Avenue, Potts Point (above Harris Farm Markets)	 <b>PURE WELLBEING</b> MASSAGE & NATURAL THERAPIES Massage, Ayurvedic body treatments or relaxation services of the highest quality Upstairs @ 136a Queen Street, Woollahra - 9362 5886 www.purewellbeing.com.au
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