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| <b>RUSHCUTTERS</b><br>Evolution Outdoors<br>2011 - Sept/Oct<br><b>7.15am sessions</b> | <br>evolution<br>to wellbeing<br>www.evolutionstarts6am.com | <b>Rob Meneses</b><br>0418 99 66 89<br>rob@etwgroup.com | <b>RED SESSIONS</b><br>Cardio vascular based training of moderate to high intensity | <b>BLUE SESSIONS</b><br>Total body strength, weight bearing & stabilisation exercises | <b>GREEN SESSIONS</b><br>Focus on mind-body connection; lower, upper and core body strength |
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| WEEK 1   |                       |  |                       |   |   |
|--|-----------------------|--|-----------------------|---|---|
| Monday @ 7.15am<br>19 September 2011   | 20 September 2011     | Wednesday @ 7.15am<br>21 September 2011  | 22 September 2011     | Friday @ 7.15am<br>23 September 2011                        | Saturday @ 7am<br>24 September 2011                             |
| Med Ball Mashup<br>&<br>Sprints  | REST DAY - NO SESSION | Med Ball Mashup<br>&<br>Resistance Tubes   | REST DAY - NO SESSION | Box with Power  | No Pain No Gain<br>BONUS SESSION                                |
| 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. |                       | 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 @ 7.15am<br>26 September 2011  | 27 September 2011     | Wednesday @ 7.15am<br>28 September 2011  | 29 September 2011     | Friday @ 7.15am<br>30 September 2011                        | Saturday @ 7am<br>1 October 2011                          |
| Shield Yourself<br>&<br>Sprints   | REST DAY - NO SESSION | Challenge Yourself   | REST DAY - NO SESSION | Box with Power  | Body Blast<br>BONUS SESSION                               |
| Rushcutters Bay Park  |                       | Rushcutters Bay Park   |                       | Rushcutters Bay Park  | Centennial Park   |
| Shield Yourself: strength, stability and core work using kick shields. & Sprints: Short and sweet for an awesome metabolic boost. |                       | 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<br>3 October 2011     | 4 October 2011        | Wednesday @ 7.15am<br>5 October 2011  | 6 October 2011        | Friday @ 7.15am<br>7 October 2011                           | Saturday @ 7am<br>8 October 2011   |
| Public Holiday Session             | REST DAY - NO SESSION | Double Grip Med Balls<br>&<br>Balanced Attack   | REST DAY - NO SESSION | Box with Power  | Kayaking<br>BONUS SESSION<br>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 @ 7.15am<br>10 October 2011   | 11 October 2011       | Wednesday @ 7.15am<br>12 October 2011  | 13 October 2011       | Friday @ 7.15am<br>14 October 2011                          | Saturday @ 7am<br>15 October 2011   |
| Barbell Weights<br>&<br>Sprints  | REST DAY - NO SESSION | Barbell Weights<br>&<br>Moving Circuit   | REST DAY - NO SESSION | Box with Power  | Inter KLIK Challenge<br>BONUS SESSION   |
| Rushcutters Bay Park   |                       | Rushcutters Bay Park   |                       | Rushcutters Bay Park  | Centennial Park   |
| Barbell Weights: build and tone your muscles with outdoor weights training. & Sprints: Short and sweet for an awesome metabolic boost. |                       | 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 |

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|  |  |  | <b>Saturday 15th October</b>  | <b>Saturday 3rd December</b>   |
|  |  |  | Can Coogee KLIK hold onto the title?  | The most fun with your pants on!   |
|  |  |  | <b>Inter KLIK Challenge</b>   | <b>Mud Run</b>   |
|  |  |  | 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   |

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