


<b>RUSHCUTTERS 1</b> Evolution Outdoors 2011 - Oct/Nov 6am sessions	 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 17 October 2011	Tuesday @ 6am 18 October 2011	Wednesday @ 6am 19 October 2011	Thursday @ 6am 20 October 2011	Friday @ 6am 21 October 2011	Saturday @ 7am 22 October 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 Park North	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Bronte 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 24 October 2011	Tuesday @ 6am 25 October 2011	Wednesday @ 6am 26 October 2011	Thursday @ 6am 27 October 2011	Friday @ 6am 28 October 2011	Saturday @ 7am 29 October 2011
Dumbbell Demons Kettlebells Sprints	Rush Hour & Run for Endurance	Challenge Yourself	Yoga & No Pain No Gain	Box with Power	Body Blast
Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Lyne Park	Rushcutters Park North	Centennial Park
Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & 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 31 October 2011	Tuesday @ 6am 1 November 2011	Wednesday @ 6am 2 November 2011	Thursday @ 6am 3 November 2011	Friday @ 6am 4 November 2011	Saturday @ 7am 5 November 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 Park North	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Rose Bay Marina
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 7 November 2011	Tuesday @ 6am 8 November 2011	Wednesday @ 6am 9 November 2011	Thursday @ 6am 10 November 2011	Friday @ 6am 11 November 2011	Saturday @ 7am 12 November 2011
Fighting Fit & Sprints	Rush Hour & Run for Endurance	Barbell Weights & Moving Circuit	Yoga & No Pain No Gain	Box with Power	Mega Session
Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Lyne Park	Rushcutters Park North	Lyne 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	SESSION OPTIONS	Saturday 3rd December	Saturday 10th December
Session @ roving location	Tuesday @ 6am	The most fun with your pants on!	End of year party
Week 1 Rushcutters Bay Park	Yoga & Howey Circuit	<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!	<b>Evolution Xmas Party</b>  You've trained hard all year. So now it's time to relax, celebrate & cap off the year with a party
Week 2 Lyne Park, Rose Bay	Bronte Park		
Week 3 Coogee Beach	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!		
Week 4 Lyne Park, Rose Bay			
		for more info contact - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>	for more info contact - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>

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 - 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	 the running company.   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)	 PURE WELLBEING 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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