


RUSHCUTTERS Evolution Outdoors 2011 - Oct/Nov 9.15am sessions	 evolution to wellbeing www.evolutionstarts6am.com	Rob Meneses 0418 99 66 89 rob@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 @ 9.15am 17 October 2011	18 October 2011	Wednesday @ 9.15am 19 October 2011	20 October 2011	Friday @ 9am 21 October 2011	Saturday @ 7am 22 October 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 Park North		Rushcutters Park North		Rushcutters Park North	Bronte 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 24 October 2011	25 October 2011	Wednesday @ 9.15am 26 October 2011	27 October 2011	Friday @ 9am 28 October 2011	Saturday @ 7am 29 October 2011
Dumbbell Demons Kettlebells Sprints	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Box with Power	Body Blast BONUS SESSION
Rushcutters Park North		Rushcutters Park North		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.		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 @ 9.15am 31 October 2011	1 November 2011	Wednesday @ 9.15am 2 November 2011	3 November 2011	Friday @ 9am 4 November 2011	Saturday @ 7am 5 November 2011
Double Grip Med Balls	REST DAY - NO SESSION	Double Grip Med Balls & Balanced Attack	REST DAY - NO SESSION	Box with Power	Kayaking BONUS SESSION Body Blast
Rushcutters Park North		Rushcutters Park North		Rushcutters Park North	Rose Bay Marina
add two handles and it becomes a totally different (med) ball game		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 7 November 2011	8 November 2011	Wednesday @ 9.15am 9 November 2011	10 November 2011	Friday @ 9am 11 November 2011	Saturday @ 7am 12 November 2011
Barbell Weights	REST DAY - NO SESSION	Barbell Weights & Moving Circuit	REST DAY - NO SESSION	Box with Power	Mega Session
Rushcutters Park North		Rushcutters Park North		Rushcutters Park North	Lyne 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.	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!!

			Saturday 3rd December		Saturday 10th December
			The most fun with your pants on!		End of year party
			Mud Run		Evolution Xmas Party
			The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course!		You've trained hard all year. So now it's time to relax, celebrate & cap off the year with a party
			for more info contact - rob@etwgroup.com		for more info contact - rob@etwgroup.com

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