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| RUSHY NORTH Evolution Outdoors 2011 - Nov/Dec 6am 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 @ 6am 14 November 2011 | Tuesday @ 6am 15 November 2011 | Wednesday @ 6am 16 November 2011 | Thursday @ 6am 17 November 2011 | Friday @ 6am 18 November 2011 | Saturday @ 7am 19 November 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 |
| RBP North | RBP North | RBP North | RBP North | RBP 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 21 November 2011 | Tuesday @ 6am 22 November 2011 | Wednesday @ 6am 23 November 2011 | Thursday @ 6am 24 November 2011 | Friday @ 6am 25 November 2011 | Saturday @ 7am 26 November 2011 |
| Dumbbell Demons Kettlebells Sprints | Rush Hour & Run for Endurance | Challenge Yourself | Yoga & No Pain No Gain | Box with Power | Body Blast |
| RBP North | RBP North | RBP North | Lyne Park | RBP 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 | | | | | |
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| Monday @ 6am 28 November 2011 | Tuesday @ 6am 29 November 2011 | Wednesday @ 6am 30 November 2011 | Thursday @ 6am 1 December 2011 | Friday @ 6am 2 December 2011 | Saturday @ 7am 3 December 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 |
| RBP North | RBP North | RBP North | RBP North | RBP 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 | | | | | |
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| Monday @ 6am 5 December 2011 | Tuesday @ 6am 6 December 2011 | Wednesday @ 6am 7 December 2011 | Thursday @ 6am 8 December 2011 | Friday @ 6am 9 December 2011 | Saturday @ 7am 10 December 2011 |
| Fighting Fit & Sprints | Rush Hour & Run for Endurance | Barbell Weights & Moving Circuit | Yoga & No Pain No Gain | Box with Power | Mega Session |
| RBP North | RBP North | RBP North | Lyne Park | RBP North | 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. | 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 Park North | Yoga & | | Mud Run The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course! | Evolution Xmas Party You've trained hard all year. So now it's time to relax, celebrate & cap off the year with a party |
| Week 2 | | Howey Circuit | | | |
| 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 - rob@etwgroup.com | for more info contact - rob@etwgroup.com |

| KLIK ALLIANCE PARTNER | | KLIK ALLIANCE PARTNER | | KLIK ALLIANCE PARTNER | |
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| 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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|  adOra - HEALTHY LIVING - Health Food Store 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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