


RUSHY SOUTH 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	Box with Power	Med Ball Mashup & Resistance Tubes	Yoga & No Pain No Gain	Box with Power	No Pain No Gain
RBP North	RBP South	RBP South	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.	Hi rep boxing drills to develop cardio endurance and power.	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	Box with Power	Dumbbell Demons & Sprints	Yoga & No Pain No Gain	Box with Power	Body Blast
RBP North	RBP South	RBP South	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.	Hi rep boxing drills to develop cardio endurance and power.	Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Sprints: Short and sweet for an awesome metabolic boost.	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 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	Box with Power	Double Grip Med Balls & Balanced Attack	Yoga & No Pain No Gain	Box with Power	Kayaking & Body Blast
RBP North	RBP South	RBP South	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.	Hi rep boxing drills to develop cardio endurance and power.	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 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	Box with Power	Barbell Weights & Moving Circuit	Yoga & No Pain No Gain	Box with Power	Mega Session
RBP North	RBP South	RBP South	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.	Hi rep boxing drills to develop cardio endurance and power.	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 & Howey Circuit Bronte Park Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Mud Run 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		Evolution Xmas Party 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	
Week 2 Lyne Park, Rose Bay					
Week 3 Coogee Beach					
Week 4 Lyne Park, Rose Bay					

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