

RUSHCUTTERS Evolution Outdoors 2011 - Nov/Dec 7.15am 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 @ 7.15am 14 November 2011	15 November 2011	Wednesday @ 7.15am 16 November 2011	17 November 2011	Friday @ 7.15am 18 November 2011	Saturday @ 7am 19 November 2011
Med Ball Mashup & Sprints	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
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 21 November 2011	22 November 2011	Wednesday @ 7.15am 23 November 2011	24 November 2011	Friday @ 7.15am 25 November 2011	Saturday @ 7am 26 November 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 @ 7.15am 28 November 2011	29 November 2011	Wednesday @ 7.15am 30 November 2011	1 December 2011	Friday @ 7.15am 2 December 2011	Saturday @ 7am 3 December 2011
Double Grip Med Balls & Sprints	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
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.		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 5 December 2011	6 December 2011	Wednesday @ 7.15am 7 December 2011	8 December 2011	Friday @ 7.15am 9 December 2011	Saturday @ 7am 10 December 2011
Barbell Weights & Sprints	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	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.	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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