
	St Kilda 6am evolutiontowellbeing.com Brad Immermann 0414 562 290 brad@etwgroup.com	Peanut Farm Reserve We meet in the park just next to the pavilion on Spencer Street. Parking is available on Spencer St (free until 8am)	Como Park North We meet opposite the Kanteen Cafe on the sports field next to outdoor gym equipment. Park on Alexandra Av next to cafe	Wet Weather Sessions We train wind, rain or shine. The meeting point is still Peanut Farm Reserve and we take shelter at the pavilion		2014

WEEK 1	Monday @ 6am 2 June 2014	Tuesday @ 6am 3 June 2014	Wednesday @ 6am 4 June 2014	Thursday @ 6am 5 June 2014	Friday @ 6am 6 June 2014	Saturday @ 7am 7 June 2014	WEEK 1
	Power Up & Interval Based Running	REST DAY - NO SESSION	Power Up & Sprints	Challenge Yourself	Cardio Boxing		
	Peanut Farm Reserve		Peanut Farm Reserve	Peanut Farm Reserve	Peanut Farm Reserve		
	Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO		

WEEK 2	Monday @ 6am 9 June 2014	Tuesday @ 6am 10 June 2014	Wednesday @ 6am 11 June 2014	Thursday @ 6am 12 June 2014	Friday @ 6am 13 June 2014	Saturday @ 7.30am 14 June 2014	WEEK 2
	REST DAY - NO SESSION	REST DAY - NO SESSION	Pumping Iron & Sprints	Challenge Yourself	Cardio Boxing		
			Peanut Farm Reserve	Peanut Farm Reserve	Peanut Farm Reserve		
	Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO		

WEEK 3	Monday @ 7am 16 June 2014	Tuesday @ 6am 17 June 2014	Wednesday @ 6am 18 June 2014	Thursday @ 6am 19 June 2014	Friday @ 6am 20 June 2014	Saturday @ 7am 21 June 2014	WEEK 3
	Power Up & Interval Based Running	REST DAY - NO SESSION	Power Up & Sprints	Challenge Yourself	Cardio Boxing		
	Peanut Farm Reserve		Peanut Farm Reserve	Peanut Farm Reserve	Peanut Farm Reserve		
	Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO		

WEEK 4	Monday @ 6am 23 June 2014	Tuesday @ 6am 24 June 2014	Wednesday @ 6am 25 June 2014	Thursday @ 6am 26 June 2014	Friday @ 6am 27 June 2014	Saturday @ 7.30 am 28 June 2014	WEEK 4
	Medball Mayhem & Interval Based Running	REST DAY - NO SESSION	Medball Mayhem & Sprints	Challenge Yourself	Cardio Boxing	Mega Session	
	Peanut Farm Reserve		Peanut Farm Reserve	Peanut Farm Reserve	Peanut Farm Reserve	The Tan	
	Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

OPTIONS	Bring a Friend Fridays			EVENTS
	Trying to explain what you get up to with Evo at 6am in the morning can often leave your partner and friends thinking that you are CRAZY! We find the best thing to do is to bring them along to a Friday session so they can see and experience for themselves what it is like to wake up with the sunrise and how good you feel come 7am!			

SESSIONS	Agility Blast improve agility, balance & co-ordination	Mega Session a double session (90 mins) of weights & cardio	Resistance Tubes total body conditioning with resistance tubes	SESSIONS
	Challenge Yourself Set a benchmark & next time around you can beat it	Moving Circuit keep on moving and use the park for a cardio blast	Run for Endurance work on your endurance with a 25 mins run	
	Circuit Combo total body workout with or without equipment	No Pain No Gain a surprise circuit, bodyweight or equipment based	Shield Yourself strength, stability and core work using kick shields	
	Core, Cones and Hills strengthening & core blast alternated with hills	Pilates improve posture and core strength	Sprinting a great interval based cardio workout	
	Double Grip Med Balls add 2 handles and it's a whoope new (med) ball game	Power Punch punch like a heavy weight to build power & endurance	Sprints short and sweet for an awesome metabolic boost	
	Kayaking feed your soul on the Harbour with a morning paddle	Power Ropes build your strength endurance & cardio capacity	Tone & Balance improve your core strength & stability	
	Kettlebells develop functional, whole body strength	Power Up use dumbbells to improve your dynamic strength	Tough Enough get down & dirty with a tough bodyweight session	
	Medicine Ball Mayhem using medball for added resistance	Pumping Iron using barbells & weights, improve your strength	Yoga improve flexibility core and mind body connection	

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