



June 2010:

## A word From Mike:

What I learned in the trenches today...

Its taking time for me to understand and define my new role at evolution. Last night, a group of men with whom I meet regularly told me to put on my civvies '.....and go down there like any other evolution client and just train'. I did that today and it was awesome. What made it even better was that at about 2 minutes past six the heavens opened and for an hour we trained and trained hard in the pouring rain. The trainers stayed totally focused and absolutely maximised every minute. Having been in their shoes I know first hand how challenging that can be. They made it appear seamless. I learned that the session is about getting the most out of yourself and using your trainers and fellow clients to achieve that. Chasing after clients, while humbling (I am clearly not as fit as they are) also felt great. We had fun and i knew that what we did was effective. At 7am dripping wet and exhilarated I left the session a very proud ex-evolutionary looking forward to a well deserved warm shower and hot coffee.

onward and upward, **Mike**

### Fast Winter Soup

Stay warm and health this winter

Ingredients (serves 2)

- 1 tbs olive oil
- 1 onion, chopped
- 1 long red chilli, seeds removed, finely chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup red lentils, rinsed, drained
- 1L (4 cups) chicken or vegetable stock
- Low-fat natural yoghurt, to serve



#### Method

1.Heat the olive oil in a large saucepan over medium heat (don't burn), add the onion, chilli, celery and carrot and cook for 2-3 minutes.

2.Add cumin and coriander and cook, stirring, for a further minute.

3.Add the red lentils and chicken or vegetable stock, bring to boil and simmer for 8-10 minutes or until lentils are tender.

4.Season with sea salt and pepper. Serve in bowls with a dollop of yoghurt. Garnish with fresh coriander

### Dear Agony Uncle

***My car leaks and in this wet weather I'm finding it very hard to get to training dry, so I'm opting for staying in bed. Any tips for getting myself going in the wet weather?***

If you were trying to make an X- hardman fitness buff like myself mad then you have succeeded. You would be better served playing hide the sausage with a hungry lion than talking to me about missing a training session because of a little bit of rain. I recall the days when a young chisled uncle would man up to training in a netting singlet and my 2 stripe running shorts. Admitted i was wearing knee high footy socks but that was for the look , nothing to do with protection from the rain!!...ahhh the looks i would get from the young ladies, it takes me back. No... i say if anyone out there in today's day and age of outdoor training attire is using the rain as an excuse to stay in bed and not turn up to their intended training sessions then they need to wake up...no pun intended. Get a good rain jacket and grow some.... brains!! The rain is a natural coolant, if your trainer is delivering the right sort of training sessions you will be begging him to let you train in the rain just to prevent overheating. Alas what I see happening a lot these days are groups of people cowering undercover to get their sessions done, mind you i think that's because the trainers these days are a lot softer than the days when uncle was at the head of the training game, they like to stay warm and dry where possible!! At this rate uncle is contemplating coming out of retirement so young trainers beware, and clients for that matter .....watch this space!!! Please send your questions to [agonyuncle@etwgroup.com](mailto:agonyuncle@etwgroup.com)  
***Yours, Agony Uncle.***

## Off Balance



**Name:** Nerissa Penfold

**I am from:** Sydney - Northern Beaches originally but now live in North Bondi

**I found out about ETW by:** On the internet. I was looking for a group or personal training that my partner, Andy, and I could do together.

**I started in:** July 2009

**My favourite session is:** Boxing and Howie session at Bondi.

**My wake up / get it together routine on days that I train is:** Alarm goes off at 5:43, get dressed, brush my teeth, out the door and into the car. (Some mornings I also have to coerce Andy into coming along!)

**My after training routine is:** Home to walk our 2 dogs, have a shower and get dressed, then head to work. **What I do when I am not training (for work that is):** Business development manager (I sell stuff) for a web

development company

**What mom and dad always told me was:** Have fun! **Friends say that I am ...**Crazy, loyal, fun

**My recommendations are:**

**Great Cafe:** Brown Sugar in Bondi for the best breakfast and dinner. It's also where Andy proposed so it's extra special now! **Movie:** Lars and the Real Girl – bizarre but so funny

**Music:** Sunny Side Up by Paolo Nutini; and Solace by Xavier Rudd **Day Out:** Feed animals in the zoo. Then later a movie too, and then home... Okay, I borrowed that from Lou Reed!

**Anything else to tell about, hobbies, hangouts, habits, heroes etc...** Travel, SCUBA diving in the tropics, pinot noir, campaigning for animal welfare

**If I was an evolution trainer I would ...** Do boxing 3 times a week and include kickboxing. I can see the carnage already...

## Word from your Evo

Its newsletter time and again i find myself applauding not only the commitment to training by most members of the bondi klik but also the attitude and intensity that i am seeing develop more and more in every session we do. Everyone has stepped up, we are using heavier weights, increasing the reps of our dynamic bodyweight exercises and always improving on technique when it comes to squats, lunges , pushups, crunches and the like. Another very rewarding thing for me is watching the existing members of the group welcoming in the new guys and girls and making it a lot easier for them to feel a part the amazing group we have created at the dolphin at 6am. Suzie has jumped straight into a minimum 5 sessions a week , something a few of you more experienced bondi -ites may need to think about when struggling to make your intended 2-3 sessions. Maz is going great and consistently getting at least 4 sessions in and new girls sandy and Heidi and going great guns to.

The next 3 months is going to be the testing material. We have a reputation at bondi for being a bit hardcore and very serious about our training, i don't deny that , in fact i am proud of it. It works for us and we have the results at the last 2 inter-klik challenges to prove it. However, showing weakness over the colder months is not something we also want to be known for. Already i am starting to hear murmurs of how much harder it is getting out of bed but i am relying on the foundation that we have laid up till now to get us through. Evolution is an all year round training program, not only will you feel a great sense of achievement come December when you have used the program properly but your strengthened and toned body will be ready for the beach , bbqs and beers that we all look so forward to and work so hard for each year.

Looking forward to helping each and every one of you get the most out of your training over the next 4 weeks and hopefully writing great things about our achievements in the upcoming sweet 16 in the next newsletter.

**Az - [aaron@etwgroup.com](mailto:aaron@etwgroup.com)**