

# MAROUBRA Evolution Outdoors

2011 - Nov/Dec

6am sessions



www.evolutionstarts6am.com

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**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

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
Double Grip Med Balls & Power Yoga	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Double Grip Med Balls & Sprints	No Pain No Gain
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Bronte Park
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	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.	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
Barbell Weights & Power Yoga	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Barbell Weights & Sprints	Body Blast
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Centennial Park
Barbell Weights: build and tone your muscles with outdoor weights training. & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Barbell Weights: build and tone your muscles with outdoor weights training. & Sprints: Short and sweet for an awesome metabolic boost.	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
Med Ball Mashup & Power Yoga	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Challenge Yourself	Kayaking & Body Blast
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Rose Bay Marina
Med Ball Mashup: strength work using medball for additional resistance. & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	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
Dumbbell Demons & Power Yoga	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Dumbbell Demons & Sprints	Mega Session
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Lyne Park
Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Sprints: Short and sweet for an awesome metabolic boost.	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 FOR FUN SESSIONS	KLIK ALLIANCE PARTNER	COMMUNITY EVENT
<p>WEEK 1 Thursday Rushcutters Bay Park</p> <p>WEEK 2 Thursday Lyne Park, Rose Bay</p> <p>WEEK 3 Thursday Coogee Beach</p> <p>WEEK 4 Thursday Lyne Park, Rose Bay</p>	<p>Please show your support for our Alliance Partners</p>   <p>Order your organic fruit and veg box on a Tuesday and collect Fri arvo onwards. Large = \$50, Small = \$30. Email organics@mollys.com.au</p>	 <p>Enjoy great coffee and a relaxed vibe post session or after a weekend walk along the beach. 202 Marine Pde, Maroubra Beach 2035</p>

LOCATION FINDER		Saturday 3rd December	Saturday 10th December
Internet search for more location descriptions		The most fun with your pants on!	End of year party
"Evolution where do we train"		Mud Run	Evolution Xmas Party
Coogee Beach	Centennial Park	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
Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot.	Best entrance is the Paddington Gates. Meeting point is just off the road next to the main restaurant (to the east of the restaurant). The closest cross street (in the Park) is Parkes Street.	for more info contact - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>	for more info contact - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>