

**EVOLVE**

an introduction to the

**WARRIOR**

**TRIBE**

At Evolve we specialise in body transformations for busy people. We take over your life for 12 weeks, restructure your training, nutrition and lifestyle, and turn you into the best version of yourself.

**The Warrior Tribe is the only program of it's kind.**

We have turned the focus purely onto getting you the best results possible as we have created a blend of the two most effective training methods. The Tribe sits in between personal training and group training to make what we think is the perfect long term fitness solution.





**Personal training:** Hiring a great personal trainer is the most effective way to reach any goals that you set for yourself. You are given tailored diet and progressive training plans to suit your needs as well as having someone to call on pretty much 24/7 when any problems arise that may hinder your success. The Warrior Tribe is the only group training program which gives you all of this as standard.



**Group exercise classes:** These are fantastic for burning lots of calories and are a fun way to get you moving. They are a much lower cost than personal training but generally you lose the diet plans, progressive training and the outside help. Training with more people often brings the added benefit of seeing others all pushing themselves hard and can inspire you to keep going when things get tough.



# The power of Five

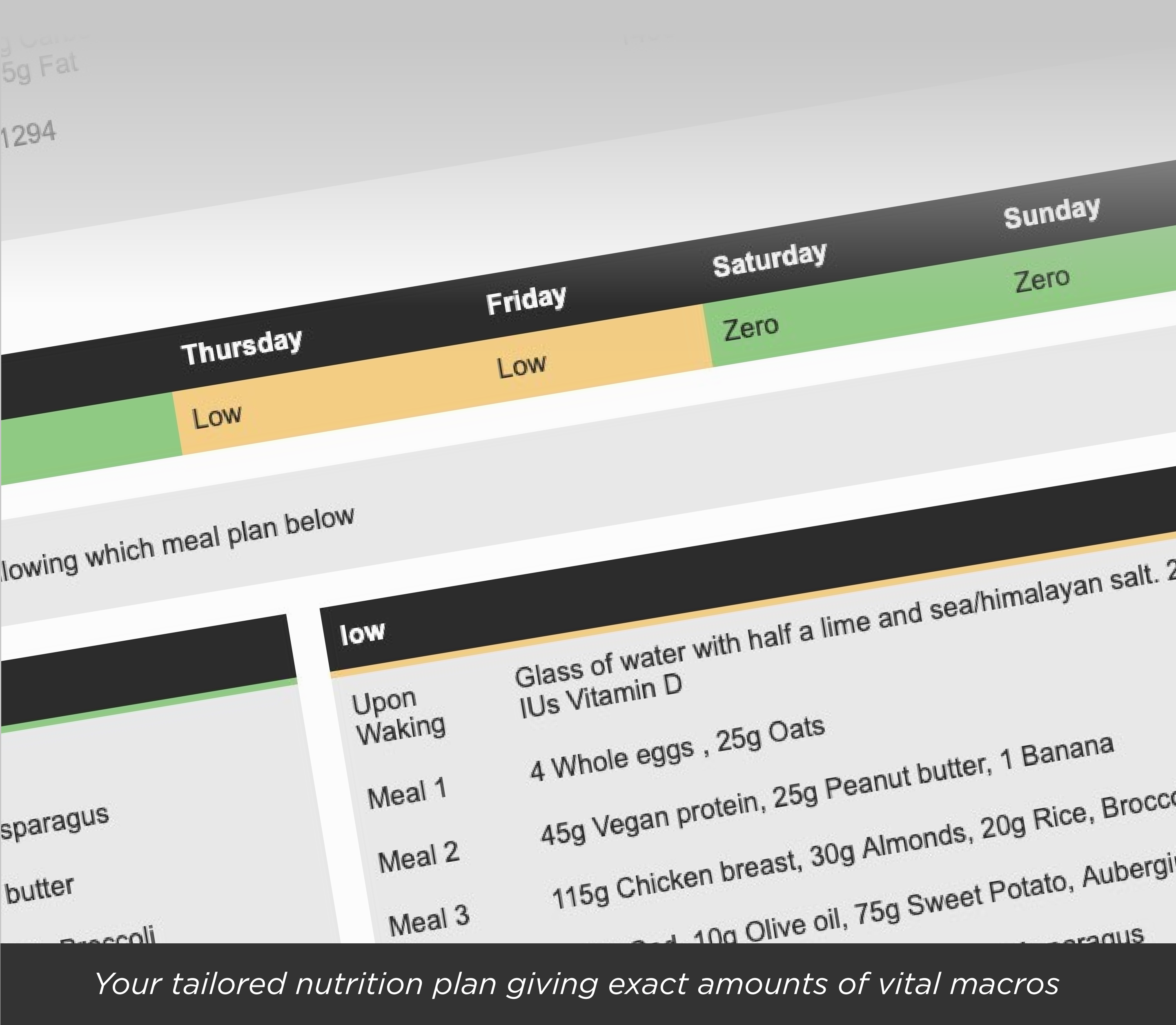


The Warrior Tribe consistently produces such amazing results because we have identified the five most important aspects of any successful body transformation. Life changing results are extremely difficult to obtain if you lack any of these five factors and this is the reason why so many people's fat loss or muscle gain programs fail.

# 1 - Nutrition

Exercise is great, but if we're being really honest, exercise mainly just speeds up the results you get from your nutrition. Nothing happens without nutrition and this is where the Tribe comes in to its own.

**Step 1 - We will work out your precise calorie and macronutrient needs down to the nearest gram, based on your current stats and goals. We then work out a meal plan based on those calories and macros that fits with your lifestyle.**



*Your tailored nutrition plan giving exact amounts of vital macros*



# EVOLVE KITCHEN

*Our cookbook will put you on track to great tasting muscle food*

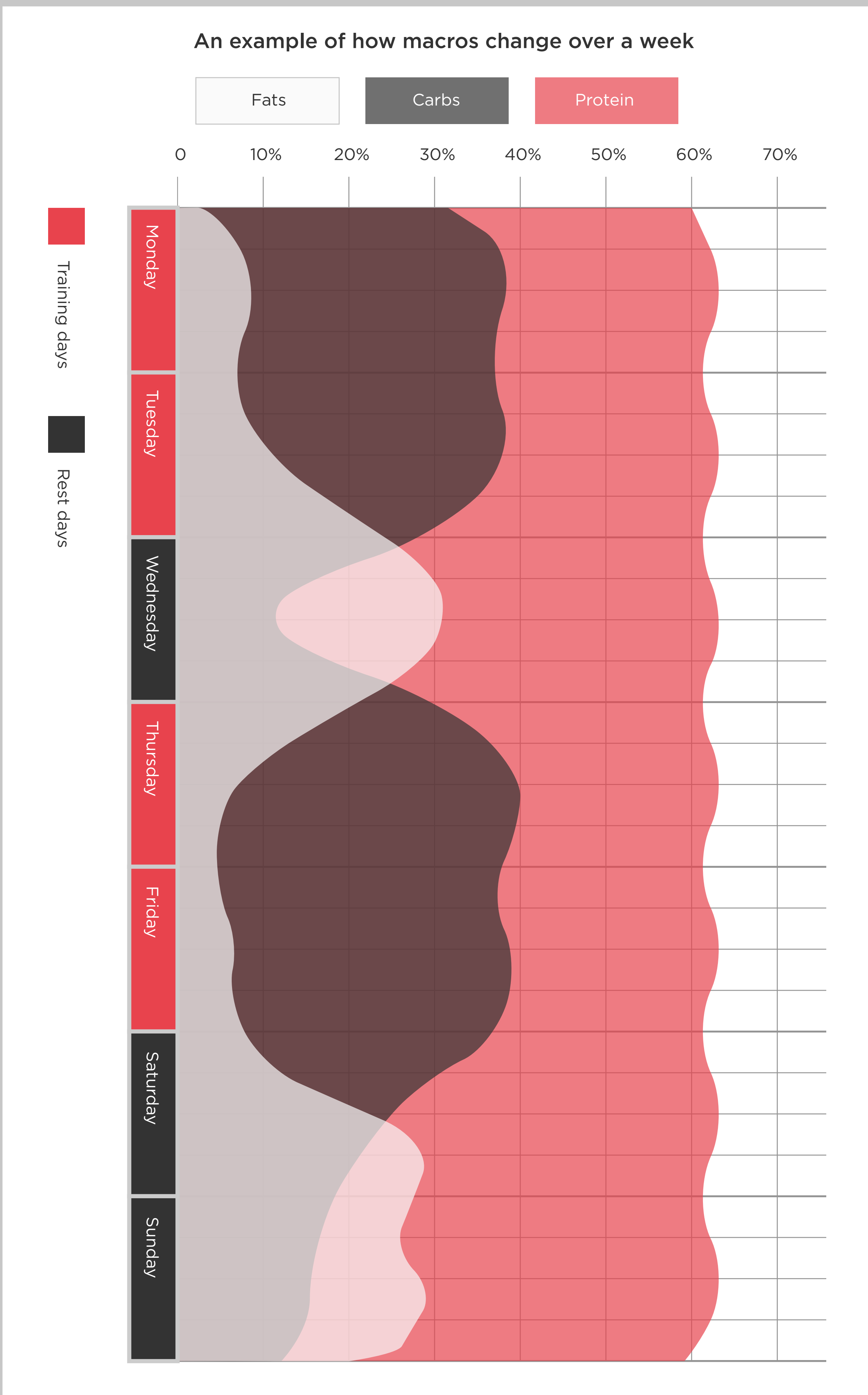
**Step 2 - Join our private Facebook group hosted by Evolve Fitness' resident nutritionists. Get daily content to help give you knowledge and personal questions that would usually only be answered during an expensive nutrition consultation. You can even take our 6 week nutrition course to give you the confidence of knowing you are always making the right decisions outside of the gym.**

**Step 3 - Get inspired by our awesome cook book which is calculated to your calorie needs and full of ab-friendly meals that don't taste like cardboard.**

**Step 4 - After an initial period, we implement our tried and tested carbohydrate cycling program to accelerate the fat shredding process to another level as you build lean muscle.**

The Evolve carb-cycling method is very effective in its simplicity.

There are 4 types of day; High, Moderate, Low and Zero. The protein level for each day remains the same, and we just change the amount of carbohydrates and fat, depending on training days and phase of your transformation.



## 2 - Progression

The number one factor in successfully improving every aspect of your training is the one that most often gets ignored in group fitness programs. Progression is absolutely fundamental. By this we mean coming back week after week and lifting a little bit heavier, or squeezing out an extra couple of reps, or moving to a more advanced exercise. This is how a beginner becomes an intermediate and an intermediate becomes elite. Being random and changing every workout creates random results which ultimately end in plateaus or failure.

Progression is built into every stage of the Warrior Tribe, so that progress becomes inevitable.

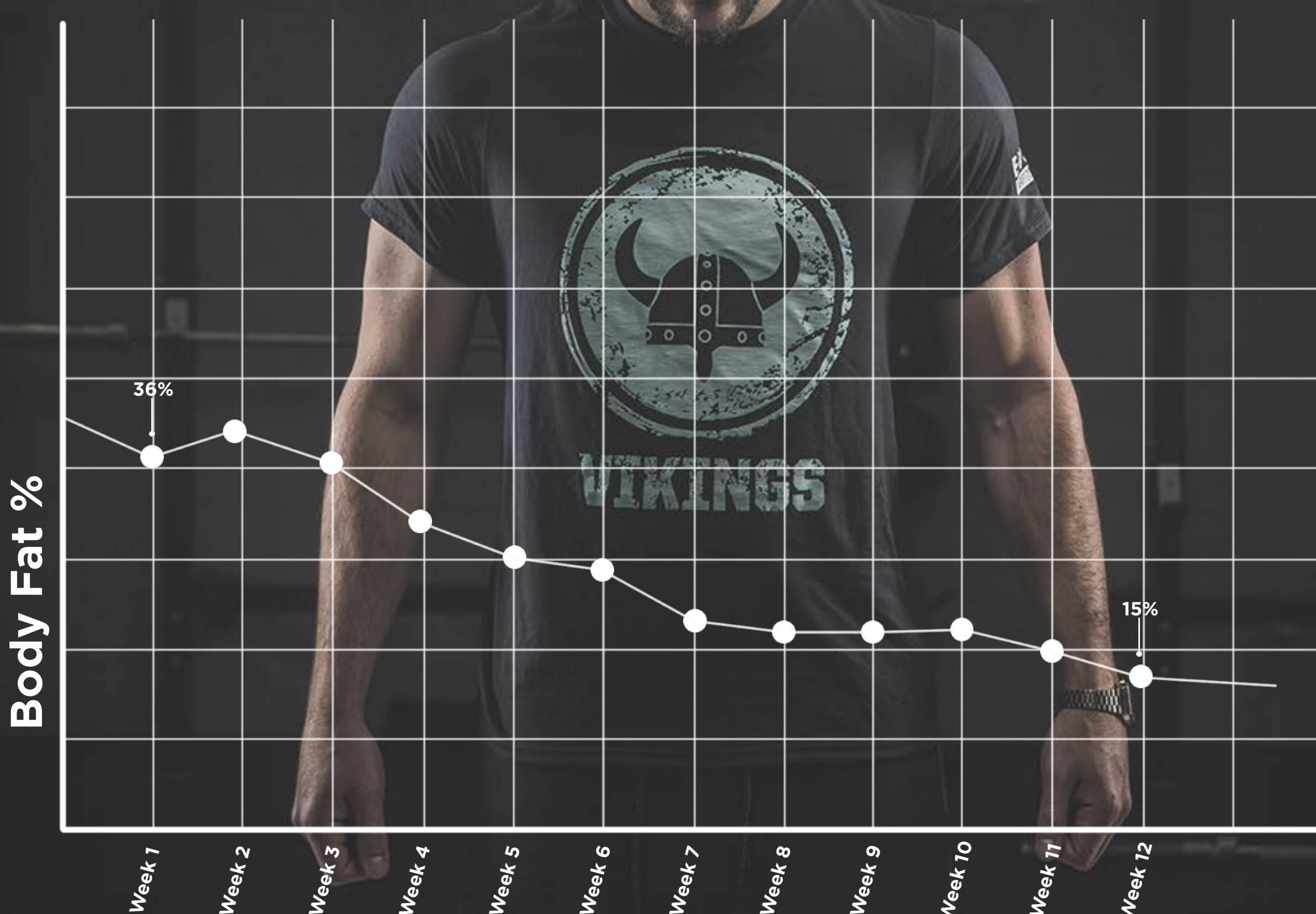
Each session is designed to ramp up your metabolism, test your fitness and guarantee you come back each week leaner, stronger and an all round better you.



### 3 - Measurements

Once your plan is in place, how do you stay motivated over the weeks and months? How do you even know it's working? You measure.

At the Tribe, we will assess your progress on a monthly basis, and adjust your bespoke nutrition plan accordingly. We'll measure fat lost, muscle gained, even bone density, so you simply never have a chance to go off track. Your nutrition plan will change as you change, avoiding fat loss plateaus and putting the power back in your hands.



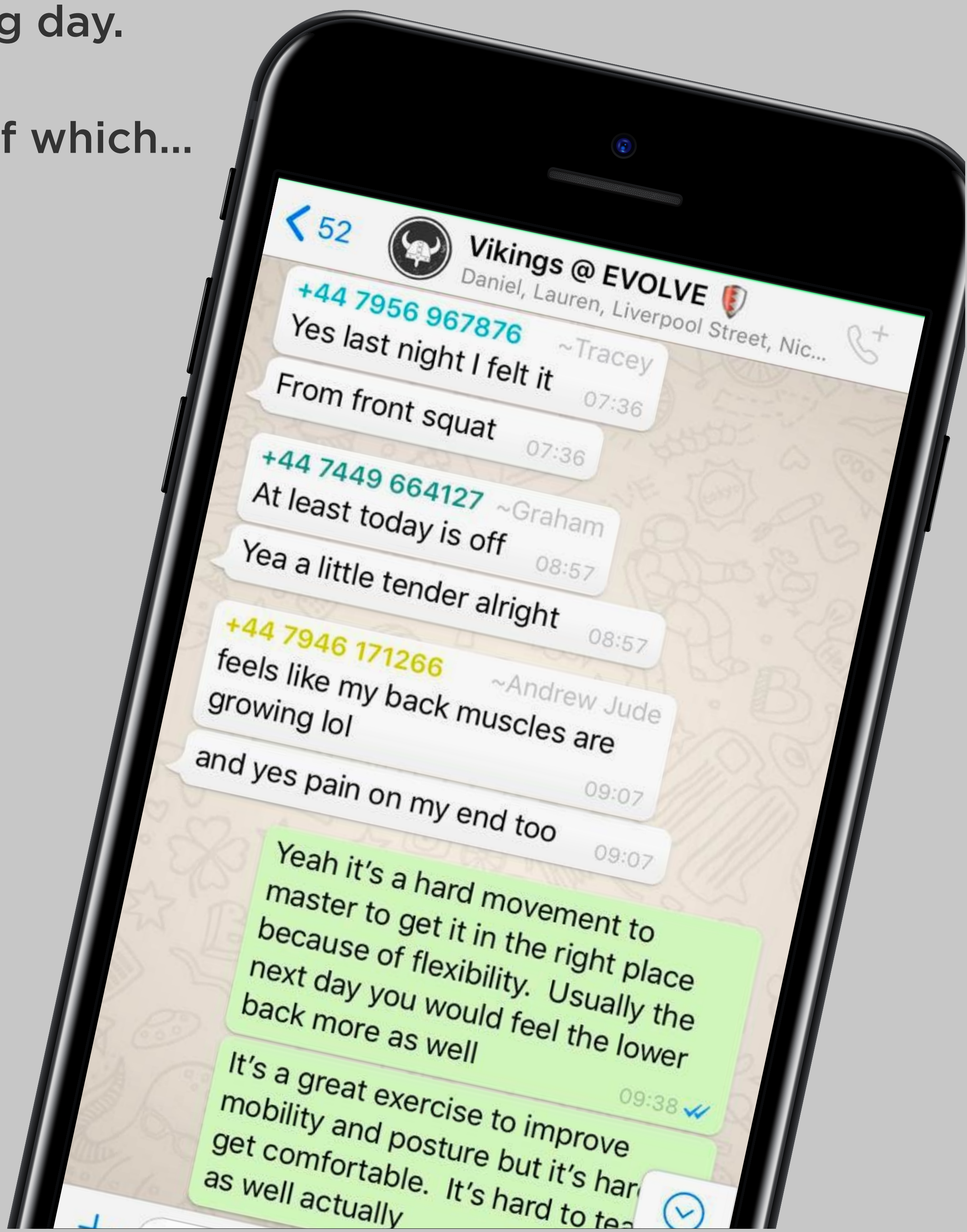
## 4 - Accountability

It's easy to lie to yourself. You'll tell yourself you're going to make time to workout, but when the morning comes and your bed is nice and warm, or when your friends are down the pub, the only thing stopping you from giving in is yourself. And you can't be strong all the time. We all have moments of weakness.

That's where the Tribe comes in. You will not want to let your team down. You will not want to let your trainer down. You WILL show up. And that's half the battle.

After all, no one wants to be the one getting called out in the Tribe Whatsapp group for skipping leg day.

Speaking of which...



## 5 - Community

Getting in shape can be a lonely road. In fact, everyday life can be a lonely road. Plugging yourself into a community provides a huge boost to your wellbeing.

If that community happens to all be focussed on the same goal - in this case, taking your health and physique to new heights - you massively increase your chances of success.

Your Tribe consists of 12 people determined to get in the best shape of their life.

You have a gym full of trainers and staff who know who you are and care about your goals.

You can ask any question and we'll be there to help you out every step of the way.



# Real Results

Check out some of our past Evolve successes below. Any trainer can baffle you with a list of numbers and figures, but the pictures don't lie!



# The Sessions

Every session is exactly how you would train if you were one on one with a top personal trainer as they are the ones that make a celebrity look like a superhero or action star. Group training systems are never used to transform an actor nor would a fitness model or athlete use HIIT style classes to get them cover ready as they fundamentally lack progression. You **MUST** lift weight and it **MUST** be heavy enough to make you strong.

In the Tribe the class room is split into a grid with 4 columns and 3 rows. Each row focuses on building a different aspect of your fitness to ensure you are always improving across multiple planes

## ZONE 1

### Strength

Build strength and power



## ZONE 2

### Athleticism

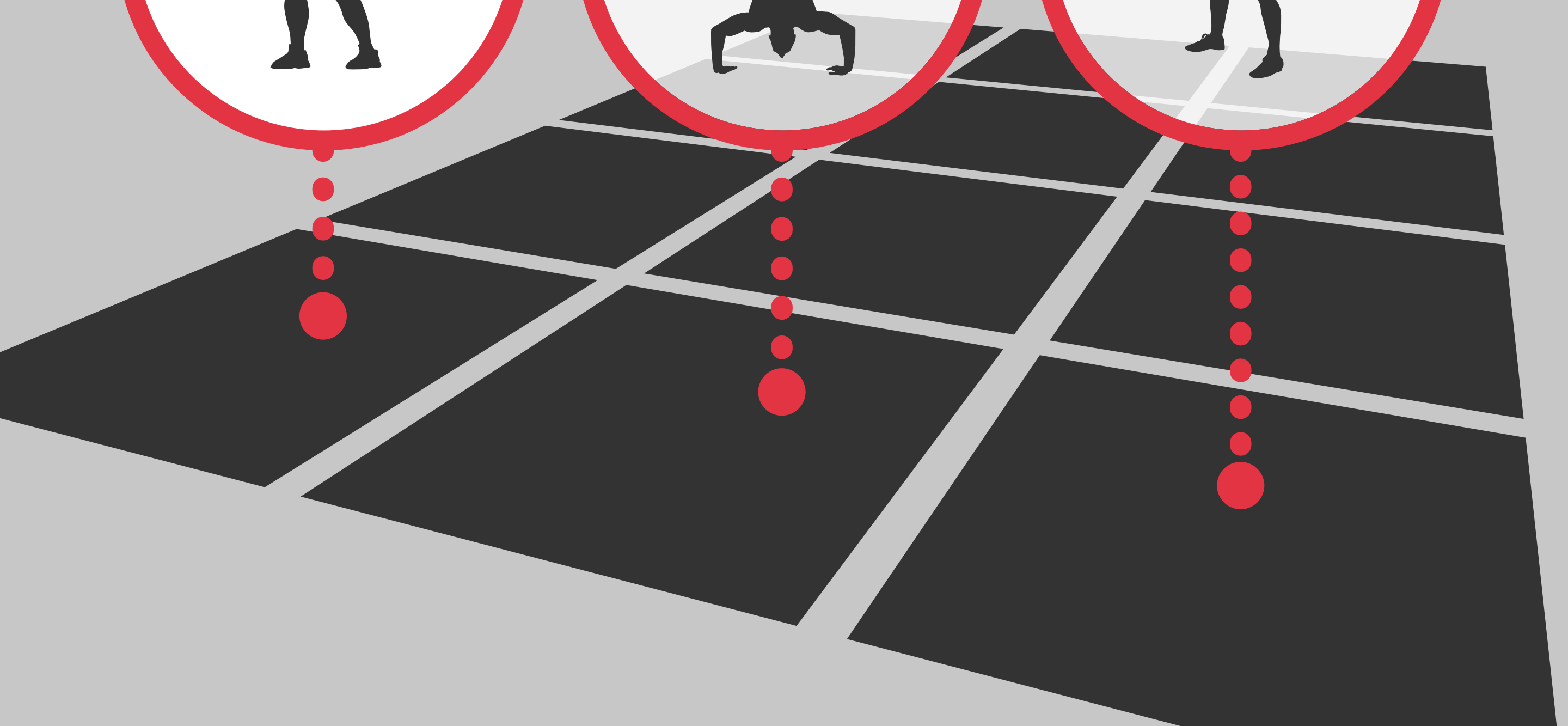
Build flexibility, agility, and mastery of your body



## ZONE 3

### Sculpt

Build muscle and sculpt your physique



# Session Agenda

Life is too short to spend hours in the gym training and just hoping that what you are doing is the right thing. This is why the Warrior Tribe sessions are only 45 mins from start to finish.

You turn up already knowing the plan and run through a workout that will produce more results than most achieve in 90 minutes. Focused and efficient is the Warrior way.

Pre training	Order your post-workout beverage of choice or pre-workout coffee
Warm up	To increase blood flow to all the joints have you primed and ready to train
Training	The main body of the session
Finisher	Hard HIIT style metabolic conditioning work to push you to the limit for a strong finish
Cool down	Relaxing into stretches targeting the main muscles used in the session
Post training	See reception for your pre-ordered shake and bask in the post workout glow