

## Lifestyle-Fitness Programs

reVamp is a personalized total-health and lifestyle program that represents the Hoebel™ Fitness body-mind approach. Creator, **Brett Hoebel**, spent over five years researching different cutting-edge health and fitness modalities and combining them into the **reVamp Training System™** which integrates *personal training, nutrition & weight management, fitness assessment* and *individualized program design*. Martial arts, boxing, yoga, Pilates and restorative spa treatments are also part of reVamp and help to balance the yin and yang of the program.

reVamp - *triPhase* consists of **three** 5-week training **Phases** that combine *fitness assessment, personal training, nutritional coaching* and *individualized program design*. **Phase I - Base Conditioning:** the focus is on fundamental training principles, proper nutrition habits and how to integrate these different components into the participant's current lifestyle. **Phase II - Strength Training:** participants are coached on how to stay committed to this new lifestyle while also enhancing body composition changes through more challenging exercises. **Phase III - Energy System Training:** the physical intensity revs up and participants are coached on building life-long training habits, creating long-term increases in metabolism and enhancing mental focus.

reVamp for *Brides* is New York City's top rated bridal fitness program, as seen on the *WB-11 Morning Show*, and in *The New York Times, Elle, New York Magazine* and *Fitness Magazine*. This intensive 12-week total health & lifestyle program that integrates *fitness assessment, one-on-one training, nutrition coaching, massage & spa services* and *elective sessions in yoga, Pilates, kickboxing* and more. Both the fitness assessment and the wedding dress type are taken into consideration when selecting exercises to create customized "**Wedding Dress Workouts**" that integrate Cardio, Core, Strength and Stretch exercises to sculpt the bride's body to the type of dress she is wearing. Our individually tailored and comprehensive program will help any bride get into shape, relieve bridal stress and best of all help them implement a lifestyle that will stay with them forever.

reVamp for *Grooms* is a comprehensive 12-week total health & lifestyle program that goes beyond fitness and empowers men with mindful, healthy living. This individually customized program is specifically designed for grooms looking to get fit and integrates *personal training, core conditioning, boxing, weight management, fitness assessment, massage & spa treatments* and *elective sessions in kettle bell training, kickboxing, yoga* and more.

reVamp - *jumpStart* is a 4-week base-conditioning program that provides a foundation to help people progress into more complex training. jumpStart participants meet with a Certified Personal Trainer and Nutrition Coach to create a well-rounded & holistic foundation and then move on to more advanced training programs.

reVamp - *nutrition* is a complete weight management program that combines Metabolic Typing™ with clinical and sports nutrition. Participants take a series of tests to determine if they are a *protein, carbohydrate, or mixed* Type and then work one-on-one with a Certified Nutrition Coach to learn which foods work best for their Type and how to make ongoing changes to integrate this into their daily life.

*Ab - reVamp* is reVolutionary ab training program that transforms not only your abs, but the entire body! It incorporates three forms of training: *ab training* to sculpt the abs, *interval training* to burn the fat off the stomach and *strength training* to build lean fat-burning muscle. Every exercise in the program uses your abs - so whether you are doing an *ab* move, *interval* cardio or a *strength* exercise, you will be working your abs on every rep!



for more information please contact:

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