

reVamp for Grooms™



About Us

reVamp for Grooms is an intensive 12-week total health & lifestyle program specifically designed for men. This customized program from **Hoebel™ Fitness** utilizes the **reVamp Training System™** that integrates **personal training, nutrition & weight management, fitness assessment** and **individualized program design**.

The program is divided into **three Phases**; each Phase is 4-weeks and gets progressively more advanced. **Phase I - Base Conditioning:** the focus is on creating a strong fitness foundation and proper nutritional habits that fit into the groom's current lifestyle. **Phase II - Strength Training:** each groom is challenged with more advanced exercises and that focus on building strength and endurance to help prepare him for the final and most rigorous stage. **Phase III - Energy System Training:** the intensity revs up in this final phase as grooms strive to complete their goals and are coached on how to maintain the life-long training and nutritional habits they have built.

Future grooms with a certified personal trainer, nutrition coach and massage therapist during the **three Phases** of their program. *reVamp* grooms also have the freedom to customize their program by selecting different "elective sessions" with specialized fitness professionals in **boxing, kickboxing** and **yoga**. Whether you are just starting to workout or you have been training consistently, the knowledgeable and diversified Hoebel Fitness team will design a challenging and safe program for you. And let's not forget about the rest of the wedding party, other *reVamp* programs include a 5-week program for the Mother of the groom and *reVamp for Brides*, perfect for the woman looking to get in shape too.



Services & Rates

Phase-1 Services

8 or 12 Personal Training Sessions (55 min / session)

- cardiovascular and strength training
- flexibility enhancement

1 Fitness Assessment (55 min / counted as first session)

- postural evaluation
- strength and flexibility ratios
- functional movement screen
- body fat and circumference measurements
- cardiovascular test

2 Nutrition & Weight Mng Sessions (55 min / session)

- consultation & analysis (55 min)
- follow up (55 min)
- phone & email support

1 Program Design

- individualized written fitness program
- stretches, exercises, cardio workout, weekly workout planner

Spa Treatments of Your Choice (up to 55 min)

- to help recover and restore

Optional

4 Elective Sessions of Your Choice (55 min / session)

- boxing, kickboxing or yoga

4-Week Overview

Week 1:

- fitness assessment
- private training sessions (2 or 3)
- nutrition consultation
- optional - elective session (boxing, kickboxing or yoga)

Week 2:

- private training sessions (2 or 3)
- nutrition phone or email
- optional - elective session (boxing, kickboxing or yoga)

Week 3:

- private training sessions (2 or 3)
- nutrition follow up
- optional - elective session (boxing, kickboxing or yoga)

Week 4:

- private training sessions (2 or 3)
- nutrition phone or email
- optional - elective session (boxing, kickboxing or yoga)

Program Rates

Please contact [Hoebel Fitness](http://HoebelFitness.com) at 212.366.1342 or info@hoebel.com

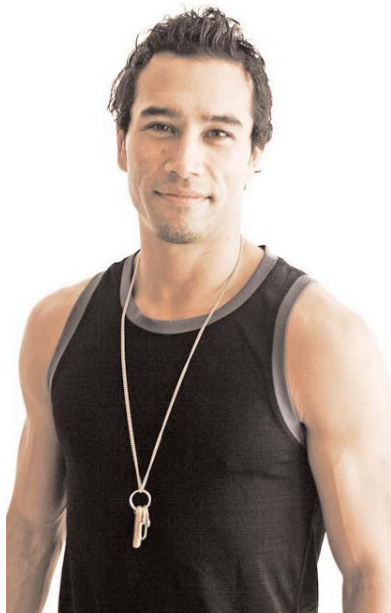




Hoebel Fitness



Brett Hoebel is the creator of *reVamp for Grooms* and founder of **Hoebel™ Fitness**, a leading-edge lifestyle-fitness company that focuses on **physical well-being**, **mental clarity** and **self empowerment** and is dedicated to inspiring people with mindful, healthy living. As an international fitness expert and one of the most sought-after weight-loss, nutrition & lifestyle coaches in New York, Brett has worked with different celebrities including Victoria's Secret supermodels Doutzen Kroes and Karolina Kurkova, supermodel and television host Veronica Webb and actresses Emmy Rossum and America Ferrera. Brett was also the co-host of *Fit Family*, a reality-fitness show on *Discovery Channel* and has appeared on *The View*, *Good Morning America* and *Fox News*. He is a recurring fitness expert on *The WB-Morning Show* and has been featured in various publications including *Vogue*, *The New York Times*, *InStyle*, *Elle*, *Allure*, *Shape* and *Self Magazine*. For the second time, *New York Magazine* awarded Brett and some of his exercise programs 'Best of New York'.



Brett is also an award-winning group fitness instructor and nationally recognized personal trainer. He holds certifications in Nutrition & Lifestyle Coaching, Metabolic Typing™ Nutrition, C.H.E.K. Holistic Exercise Kinesiology, Personal Training, Hatha Yoga and Pre-Natal/Post-Partum Conditioning. Brett also has an extensive background in biomedical research and martial arts including Afro-Brazilian capoeira and Muay Thai kickboxing.

Brett's passion, knowledge and creativity can be seen in the lifestyle-fitness programs he has developed; **REV ABS™** is a cutting-edge, ab-defining and body-toning program, **reVamp®** is a highly acclaimed personal training and nutrition program and **fitnessBrasil™** is a group exercise program that combines capoeira with yoga, kickboxing and conditioning. When not in New York, Brett travels to Los Angeles and Rio De Janeiro Brazil to teach his different classes, work with certain clients, study capoeira and meet with different health & fitness professionals.

Testimonials

Brett's unique reVamp™ program merges many elements key to an energized, conscious, and healthy lifestyle. I'm motivated with so many others to go beyond what we thought were capable of and achieve balance and clarity in our lives.

-Josh Shore
President, Guerilla News Network

"At the end of a session I'm drenched in sweat. Even after a tough day and no matter how tired I may be, I look forward to training in reVamp because I know how I'll feel afterwards. I'm mentally and physically pumped after each one. Thanks for your tremendous and consistent enthusiasm and for pushing me to keep getting stronger."

-Dr. Rich Maccia
Chairman, SUNY Downstate Medical School



Contact Us

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...fitness from within

Hoebel Fitness