

reVamp™ - triPhase

Hoebel Fitness

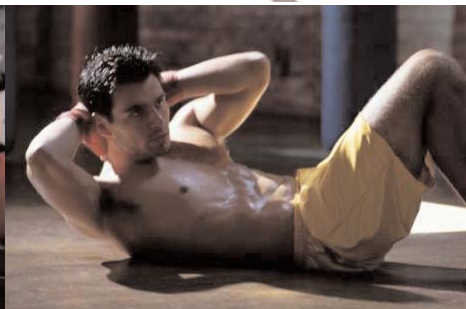
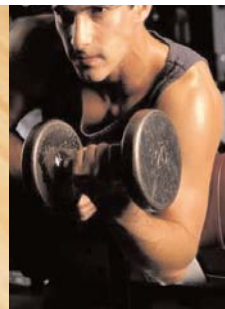


About Us

reVamp™- triPhase is a total health & lifestyle program from **Hoebel™ Fitness** that consists of **three Phases**; each phase is 5-weeks and gets progressively more advanced. Designed by Hoebel Fitness founder, **Brett Hoebel**, this program utilizes the **reVamp Training System™** that integrates **personal training, nutrition & weight management, fitness assessment** and **individualized program design**.

Phase I - Base Conditioning: the focus is on creating a strong fitness foundation and proper nutritional habits that fit into the participant's current lifestyle. **Phase II - Strength Training:** each participant is challenged with more advanced exercises and is coached on how to keep integrating their new lifestyle into their daily routine, while building stronger & leaner muscles. **Phase III - Energy System Training:** the intensity revs up in this final phase as participants strive to complete their goals and are coached on how to maintain the life-long training and nutritional habits they have built.

Participants in *reVamp™- triPhase* work with a certified personal trainer and certified nutrition coach during different phases of their program. 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. Other reVamp programs include *reVamp™ for Brides*, *reVamp™ for Grooms*, *reVamp™ - jumpStart* and *reVamp™ - nutrition*, four programs specifically designed for brides & grooms-to-be, individuals wanting a jumpStart into training and anyone looking to improve their nutritional regiment. Through the many lives it has transformed, *reVamp™- triPhase* gets results beyond fitness and empowers people with mindful, healthy living.



Services & Rates

Phase-1 Services

10 or 15 Personal Training Sessions (55 min / session)

- cardiovascular & 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 Management 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

5-Week Overview

Week 1:

- fitness assessment
- private training sessions (2 or 3)
- nutrition consultation

Week 2:

- private training sessions (2 or 3)
- nutrition phone or email

Week 3:

- private training sessions (2 or 3)
- nutrition follow up

Week 4:

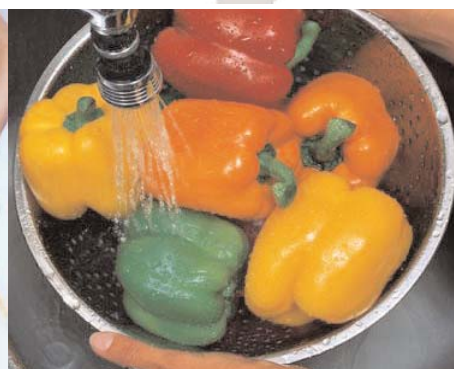
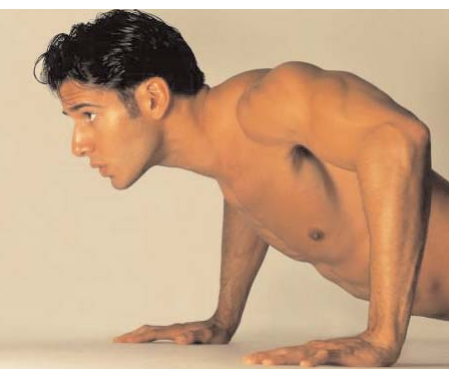
- private training sessions (2 or 3)
- nutrition phone or email

Week 5:

- private training sessions (2 or 3)
- nutrition phone or email

Program Rates

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





workout instructor for Star Jones



co-host of Fit Family on Discovery's Fit TV



led kickboxing workout for Charles Gibson & Diane Sawyer



hosted celebrity workout for Discovery's I Lost It!



guest kickboxing instructor for Brian Kilmeade & anchors



recurring lifestyle-fitness expert and workout instructor



reVamp® for Brides featured as a whole-body program for brides-to-be



reVamp® for Brides featured as a bridal-fitness program for brides-to-be



bodyBrasil™ class featured as new workout



vinyasaBrasil™ fusion yoga class featured as new trend



voted "Best Workout" in New York '01



Best Exercise Class '02



Best Exercise Class '99



bodyBrasil™ class featured as new workout

Brett Hoebel is the creator of *reVamp- triPhase* 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'.



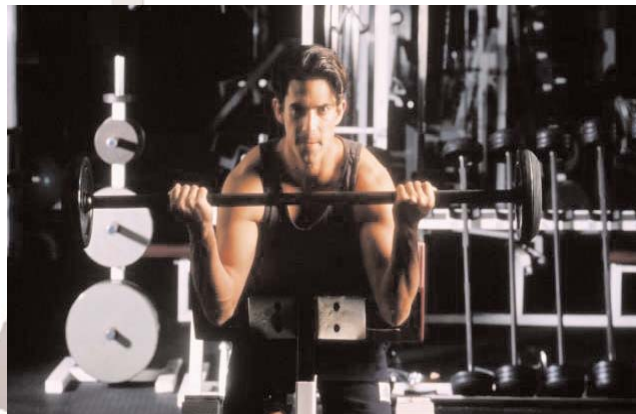
Brett is also an award-winning group fitness instructor and nationally recognized personal trainer. He holds certifications in Nutrition & Lifestyle Coaching, Metabolic Typing™ Nutrition, C.H.E.K. Holistic Exercise Kinesiology, Personal Training, Hatha Yoga and Pre-Natal/Post-Partum Conditioning. Brett 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

"I met Brett Hoebel at a crucial time in my life. I was a former endurance athlete recovering from a debilitating illness, eager to rebuild my physicality - strength, balance, endurance and agility. His reputation as a leader in lifestyle-fitness is why I decided to try his reVamp-6™ program. The personal attention & skills I received have given me the tools to keep strengthening my body, mind and spirit. Brett's work has allowed me to return to my first love, dance. Most importantly, Brett has made me realize that I can actually heal a recurring knee injury rather than just work around it. Not a day goes by without someone complimenting me on how I look - strong and graceful and happy. I always tell them about Brett and the incredible programs he has put together. They will change your life."

Ellen Cirona
Writer/Producer
A&E/The History Channel



"Dear Brett, I just returned from a skiing trip to Utah. Thanks to reVamp® I was in better shape than guys 20 years younger than me! Thank you for your tremendous and consistent enthusiasm and for pushing me to keep getting stronger."

Dr. Richard Macchia
Chairman, SUNY Downstate Medical School

"I was intimidated by the gym. I was sure I wouldn't be coordinated enough for aerobics, agile enough for yoga, or strong enough for the weight room, but Brett Hoebel changed that. He is patient, energetic and understanding. His program has improved my skills, my body, and most of all my attitude"

Stephanie Schwartz
Producer
WB-11 Morning Show

Contact Us

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www.SirenPR.com

...fitness from within

Hoebel Fitness