

Brett Hoebel™





Meet Brett



Hoebel Fitness is dedicated to inspiring mindful, healthy living through **physical well-being, mental clarity, and self-empowerment**. Founded by international fitness expert **Brett Hoebel**, Hoebel Fitness has a body-mind approach that comes from Brett's diverse experience in Eastern and Western disciplines, including his martial arts training in Afro-Brazilian capoeira and Thai *Muay Thai* kickboxing as well as his undergrad education as a pre-med in biomedical science and post-graduate studies in functional strength training, nutrition, yoga and holistic health. This integrative philosophy is represented by all of the Hoebel lifestyle-fitness programs including **REVABS®** and reVamp®.

As one of the trainers on NBC's [The Biggest Loser season 11](#) and health expert on Food Network's *Fat Chef*, Brett is one of the most sought-after weight loss, nutrition, and lifestyle coaches in the country. He is also the creator of [RevAbs](#), the ab-defining in-home workout DVD program from Beachbody; creators of P90-X. A 15-year veteran in the health and wellness industry, Brett has helped some of Hollywood's finest shape up, from Victoria Secret supermodels and A-list actors to fashion designers and music icons. Brett was also the co host of *Fit Family*, a reality-fitness show on *Discovery Channel* and has appeared on [Dr. Oz](#), [The Talk](#), [The Revolution](#), *The View*, *Good Morning America*, and *The Today Show*. He is a contributing fitness expert in many publications, including *Vogue*, *The New York Times*, *InStyle*, *Elle*, *Ask Men*, *Shape*, *Self* and *Fitness*. He has been recognized in the top 25 of the "100 Most Influential People in Health and Fitness" and touted as "Best of New York" by *New York Magazine* and *Allure*.

Brett is also an award-winning group fitness instructor and nationally recognized personal trainer. He has been certified in C.H.E.K. Holistic Exercise Kinesiology, C.H.E.K. Nutrition & Lifestyle Coaching, Personal Training, Kettle Bells, TRX Suspension Training, Olympic Weightlifting, Hatha Yoga, and Prenatal/Postpartum Conditioning. When not in Los Angeles, Brett travels to New York City and Rio de Janeiro, Brazil, to teach classes, work with clients, train in capoeira, and collaborate with different health and fitness professionals.

Through a leading-edge approach, Brett and Hoebel Fitness are dedicated to empowering people to activate, educate, and motivate themselves to live more mindfully and healthfully.

<http://BrettHoebel.com/about-hoebel/meet-brett>



Fitness From Within



Brett believes the most important thing you can do for yourself is **not** exercise or nutrition; it is to “walk your talk and believe in yourself...the dumbbell and the diet don’t change you...your accountability and belief in yourself do.” His approach to live a mindful, healthy life starts by looking

inward and changing yourself from the inside. Brett calls this **Fitness From Within**. His philosophy comes not only from his background in different Eastern and Western disciplines, including martial arts and biomedical science, but also from his experience growing up as a overweight teenager.



“The physical challenges I went through doing contact martial arts and sports, the mental focus I developed from my academic studies, and the emotional struggles I had to overcome as an overweight kid have shaped who I am, how I think, why I love what I do, and why fitness is freedom to me.”

gives their best effort, show them some love, but when someone wants to give up, you have to be tough and motivate them not to quit. And it’s absolutely about **going there** . . . because once you push to your limits, you won’t settle for less.”

—Brett Hoebel

<http://BrettHoebel.com/about-hoebel/philosophy-tips>

“Taking care of your health and fitness is not a job, it’s a privilege and a way of life. It’s not a part-time thing, it’s about making sure you **walk your talk**. The health revolution needs role-models, so lead by example and embody the values that people will be inspired by. It’s about **mental strength** . . . that’s what it takes to endure the physical, mental, and emotional challenges you’ll face getting in shape and staying in shape. It’s about **discipline**; living a healthy lifestyle is done one day at a time. It’s about **trust**; you have to build it. And it’s **respect**; you have to earn it. Once you do, you can transform someone’s body and their life. It’s about **love** and **tough love**; when someone



Mission



Become a Health reVolutionary

Activate. Educate. Motivate.

In an effort to enhance the physical, emotional and financial health of people across the country, Brett is hitting the road as part of a national "Health reVolutionaries Tour." The goal of the Health reVolutionaries Tour is to Activate and Educate children and families, through community workouts and special events, with the knowledge and confidence to Motivate others to join the health reVolution and work together to become healthier in mind, body and spirit. Brett's experience as a health expert and motivator on shows like NBC's *The Biggest Loser*, Discovery Channel's *Fit Family*, and Food Network's *Fat Chef*; his involvement with programs like Wellness In The Schools (WITS) and the California Association for Health, Physical Education, Recreation and Dance (CAHPERD), as well as his past as an overweight teenager and adopted child, have influenced his leadership and commitment to bring awareness to his mission and to work with schools to help children, families and teachers end the trend of obesity.



"The physical, emotional, and financial health of this country and this world have never been more challenged than now.

We need health reVolutionaries."

—Brett Hoebel

To learn more or join the health reVolutionaries, please visit:

Facebook: <http://facebook.com/healthreVolutionaries>

Twitter: http://twitter.com/Join_healthreV

DVDs



Hoebel Fitness and Beachbody® are proud to present **REVABS**: a cutting-edge, ab-defining, body-toning system created by **Brett Hoebel**. This high-energy program combines three forms of training: **ab training** to sculpt the abs, **interval cardio** to burn the fat off the stomach, and **strength training** to build lean, fat-burning muscle. With the added spice of the martial art capoeira and a comprehensive nutrition plan, this program can deliver a transformed set of abs and entire body.

Six-pack abs just aren't enough. It's time to rev it up even higher. Brett Hoebel's Advanced RevAbs program includes two new deluxe workouts: Ultimate 8-Pack and Ab Addiction. These high intensity workouts combine intervals, full-body strength training, and abs exercises to burn the most fat possible and



sculpt your core. Designed to provide immediate results and 8-pack abs after just 90 days, Advanced RevAbs workouts are addicting!

Get ready to rumble . . . get ready to **REV**!

<http://BrettHoebel.com/revabs>



Before

After*



Before

After*



Before

After*



Before

After*



Before

After*



Before

After*



Before

After*



Before

After*

*Results vary.

<http://BrettHoebel.com/success-stories>

Fitness Programs



reVamp®

reVamp is a personalized total-health program that represents the Hoebel Fitness body-mind philosophy. Creator Brett Hoebel spent more than a decade researching different cutting-edge health and fitness modalities, then combined them into the *reVamp® training system* which integrates *personal training, nutrition, weight management, fitness assessment,*

and *individualized program design*. Martial arts, yoga, and restorative spa treatments are also part of *reVamp®*, which helps to balance the yin and the yang in the program. Hoebel Fitness offers different *reVamp®* programs specifically designed to help people transform health and fitness into mindful, empowered living.

reVamp® nitro is a nonstop supercharged workout that combines the fun of kickboxing with the flow of capoeira. One of Brett's signature creations, this unforgettable class starts with boxing, progresses into kickboxing and capoeira, then ends with ab-intensive core-training drills. The house music will keep you thumping, the high energy will keep you pumping . . . come get your sweat on with *reVamp® nitro*

<http://BrettHoebel.com/revamp®/group-fitness/revamp-nitro>



reVamp® triphase is a multi-phase program that consists of three phases; phases are 5 weeks long and each one gets progressively more advanced.

<http://BrettHoebel.com/revamp®/personal-training/revamp®-triphase>



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:

Participants are challenged with more advanced exercises and are coached on how to keep integrating their new lifestyle into their daily routine, while building stronger and leaner muscles.

Phase III – Energy System Training:

the intensity revs up in this final phase as participants strive to accomplish more goals and are coached on how to maintain the lifelong training and nutritional habits they have built.

reVamp® is not just a program; it's a platform for each individual to transform health and fitness into mindful, empowered living.

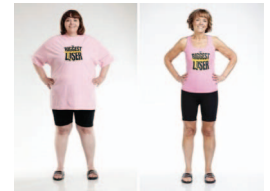
Press & Social Following



17,000+ Fans



15,000+ Followers



bodyBrazil™ class featured



Brett touted as trainer to stars



Brett's exercise of the month



Country's top trainers



Brett's Brazil booty workout



bodyBrazil™ class featured



Brett's ab-training advice

Contact



SOCIAL MEDIA

Facebook: <http://facebook.com/BrettHoebel>

Twitter: <http://twitter.com/BrettHoebel>

YouTube: <http://youtube.com/BrettHoebel>

Website: <http://BrettHoebel.com>

PR

Dunn Pellier

Nicole Dunn

Nicole@BrettHoebel.com

1 (818) 231-5589

