

reVamp™



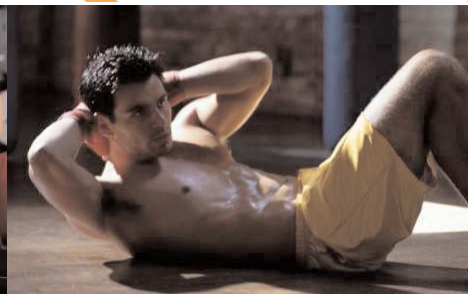
About reVamp



reVamp is a personalized total-health and lifestyle program that represents the Hoebel™ body-mind approach. The program consists of three Phases; each phase is 5-weeks and gets progressively more advanced. Creator Brett Hoebel, spent over a decade researching different cutting-edge health and fitness modalities and combined them into the **reVamp Training System™** which integrates **personal training**, **nutrition & weight management**, **fitness assessment** and **individualized program design**. Martial arts, yoga, Pilates and restorative spa treatments are also part of reVamp which help to create a yin and yang balance.

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 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 life-long training and nutritional habits they have built.

Participants in reVamp 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. reVamp is not just a program, it's a platform for the individual to transform health and fitness into mindful, empowered 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:

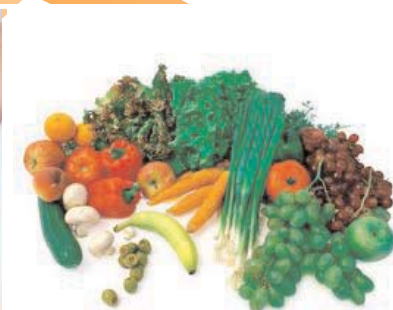
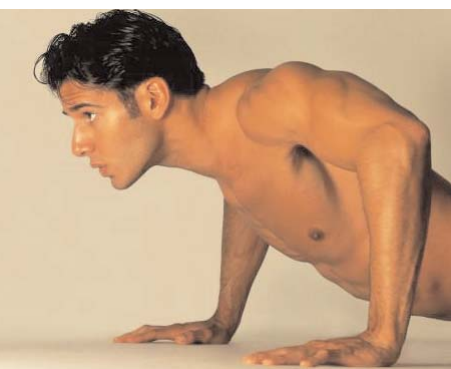
- private training sessions (2 or 3)
- nutrition phone or email

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



Press



Brett was a workout instructor for Star Jones



Brett and Sarah Haines get 'Brazilified' doing a capoeira workout



Brett doing a RevAbs workout on GMA NOW with Tonya Rivera



Brett co-hosted Fit Family on Discovery's Fit TV



Brett strikes a capoeira pose and shows an in-home workout on CBS



Brett Rev's it high with the News team on Fox 5



bodyBrasil™ class featured

Brett touted as trainer to stars

Brett's exercise of month

vinyasaBrasil™ class featured

Country's top trainers

bodyBrasil™ class featured

KK talks about Brett's training



Brett's advice on cellulite

Brett's 15 minute workout

Brett's ab-training advice

Brett's Brazil booty workout

America's workout with Brett

Entrepreneur interview

Brett's capoeira workout

About HoebeL



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 *Muay Thai kickboxing* as well as his undergrad education as a premed 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 **REV ABS™**, **reVamp®**, **fitnessBrasil™** and **urbanmotion®**.

As a celebrity trainer and one of the most sought-after weight-loss, nutrition and lifestyle coaches in New York, Brett is launching his new **REV ABS** fitness program on national television as a series of ab-defining in-home workout DVDs. A 15-year veteran in the health and wellness industry, Brett has helped shape-up some of Hollywood's finest including 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 *The View*, *Good Morning America* and *The Today Show*. He is a contributing fitness expert in many publications such as *Vogue*, *The New York Times*, *InStyle*, *Elle*, *Shape* and *Self* and has been touted "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 holds certifications in C.H.E.K. Holistic Exercise Kinesiology, C.H.E.K. Nutrition & Lifestyle Coaching, Metabolic Typing™ Nutrition, Personal Training, Hatha Yoga and Prenatal/Postpartum Conditioning. When not in New York, Brett travels to Los Angeles and Rio De Janeiro, Brazil to teach classes, work with clients, train capoeira and collaborate with different health and fitness professionals.

Through a leading-edge approach, Brett and HoebeL Fitness are dedicated to empowering people with the knowledge, motivation and ability for more mindful, healthy living.



Contact Info



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fitness from within.

The bottom half of the page features several thick, flowing orange lines that create a sense of movement and energy. These lines are layered and overlap, with some appearing as solid orange and others as lighter, semi-transparent shades. They curve and sweep across the lower portion of the page, framing the text.