



CAN YOU GIVE ME A LIFT?

I love lifting to build muscle.

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

STRENGTH & CARDIO

3D30
ATHLETE30
ACTIVE

STRENGTH FOCUSED

POWER
CORE
3D30

RECOVERY & RECONDITIONING

CENTERGY
MOVE30

- ▶ **WHO: CAN YOU GIVE ME A LIFT?**
Building muscle and feeling strong are your goals, and you don't mind the challenge of lifting a load to reach them! Can you Give Me a Lift? is the persona that takes care of all the heavy lifting!
- ▶ **WHAT: 4X PER WEEK PLAN**
A weekly plan to work out 4 times per week. Each day is color coded and corresponds to a general category of MOSSA workouts (for example, CARDIO FOCUSED). Based on the color code of the day, choose any MOSSA program within that category. Then visit MOSSA On Demand and choose your workout and duration that works best for you!
- ▶ **WHEN: WHENEVER YOU HAVE TIME TO MOVE!**
To create a healthy habit, we recommend scheduling a time in your day for your workouts. To keep you moving, even when life gets busy, most programs have 10 minute, 30 minute, and 60 minute versions available.

- ▶ **WHERE: WHEREVER YOU HAVE SPACE TO MOVE!**
Having a dedicated place and space to workout will make it that much easier for you to get set, push play, and move!
- ▶ **WHY: TO GET YOU MOVING AND KEEP YOU MOVING!**

For more information and inspiration, be sure to subscribe to our emails and follow us on Facebook.

MOSSA
ON DEMAND