



# CARDIO IS KING

*I can't live without my cardio.*

## 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

### CARDIO FOCUSED

BLAST  
FIGHT  
GROOVE  
RIDE/R30

### RECOVERY & RECONDITIONING

CENTERGY  
MOVE30

- ▶ **WHO: CARDIO IS KING**  
If sweating is your game, then Cardio is King is your name! You love breathing heavy, working hard, and you can't live without your heart pounding workouts!
- ▶ **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.*

