



# NO EQUIPMENT, NO PROBLEM

*I want to work out anywhere, anytime.*

## 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 FOCUSED

ATHLETE30  
CENTERGY

### CARDIO FOCUSED

ATHLETE30  
FIGHT  
GROOVE

#### ▶ WHO: NO EQUIPMENT, NO PROBLEM

If you find yourself on the road and often away from home, or if you just don't have 'all the things' for a home gym, then no equipment really is no problem at all! You're free to workout anywhere, anytime.

#### ▶ WHAT: 3X PER WEEK PLAN

A weekly plan to work out 3 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