



# VARIABILITY IS THE SPICE OF LIFE

*I enjoy all facets of fitness.*

## 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

### STRENGTH FOCUSED

POWER  
CORE  
3D30

### RECOVERY & RECONDITIONING

CENTERGY  
MOVE30

#### WHO: VARIABILITY IS THE SPICE OF LIFE

Do you like to spice things up?! That's a good thing!! Variability is the key to being a great mover and to building a "ready for anything" type of body! So, if you like to mix things up and keep your workouts varied and spicy, then Variability is your Spice of Life!

#### 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