

GETTING STARTED

**LET'S
MOVE!**

TRY ATHLETE30!

Do you want to up your game? Sharpen your skills? Train with the team?

Athletes like you, both elite and aspiring, need a hard-hitting, efficient workout and ATHLETE30® delivers a sports-focused, team training, bootcamp-style experience, in just 30 minutes.

BOOTCAMP, BUT BETTER

ATHLETE30 is developed in partnership with Institute of Motion (IoM), an applied health and human performance company. IoM trains strength & conditioning coaches who then train the world's top athletes.

Every session is based on IoM's 4Q™ Training Model to ensure participants score well-rounded training for life and sport.

ATHLETE30 features the amazing ViPR PRO®, the ultimate tool for loaded movement, essential 3D training that is often missing from people's training regimens.

IS ATHLETE30 FOR ME?

Pros and amateurs alike, get in there and train! ATHLETE30 is geared toward a more conditioned mover but is also great if you're new to the group setting.

MOTIVATION IN ATHLETE30

You'll be led by a coach who will move throughout the workout space to demo and help with things like form, options, and – of course – motivation!

And the assistant coach in ATHLETE30 – and all MOSSA workouts – is the music. ATHLETE30 soundtracks are a mix of the familiar and the fierce, and every workout is sound designed to get you through tough moments, to make the workout memorable, and to make the time fly.

HELPFUL HINTS:

- Wear comfortable workout attire and athletic shoes.
- Bring water and a towel.
- Move at your own pace.
- ...But don't be afraid to push yourself!
- Expect some exercises to feel strange or awkward at first because ATHLETE30 trains new and different movement patterns.
- Start by executing a smaller, less intense version of each exercise, then make your movements bigger as you feel comfortable.
- You'll take brief breaks between stations, but take more as needed.
- Talk with the coach after the workout and ask questions.
- Bring a teammate any time!

HOW OFTEN SHOULD I DO IT?

Because the workout includes strength training, and that requires recovery, do ATHLETE30 about two to three times per week, with rest days in between.

WHAT IS ATHLETE30?

ATHLETE30 is an athlete-inspired, interval training session designed to help you become stronger, faster, and more agile. With expert coaching and high-powered music, you will be motivated to be the best you can be mentally and physically! LET'S TRAIN!

WHAT WILL I DO IN ATHLETE30?

In 30 minutes, you'll move station to station, conquering tasks like running, jumping, and lifting, drills that will make you stronger on game day and every day. Each workout employs a variety of equipment: the ViPR PRO, dumbbells, a step, and agility cones.

Each session is two rotations through three stations, plus additional challenges.

- Round one trains POWER. You can expect skills highlighting deceleration, acceleration, agility, speed, quickness, and plyometrics.
- Round two focuses on STRENGTH. Expect movements that dial in on endurance, agile strength, odd-position strength, or dead strength.
- Expect individual and team challenges in each session too.

ATHLETE30 IS GREAT FOR...

- Aspiring athletes who want to gain speed, agility, and coordination.
- Experienced athletes of any sport who want to train in new ways.
- Bootcamp fans.
- Anyone who loves a team training feel.
- Anyone who's wondered, "How do the pros train off the field?"
- Movers who want resilient bodies for life and sport.
- Those who are pressed for time and need a hard-hitting training session.

EQUIPMENT FOR ATHLETE30

ATHLETE30 sessions are set up in a three-station format and with this equipment:

- Step and Universal Risers
- ViPR PRO
- Dumbbells

ATHLETE30's equipment is intentionally versatile – a collection of training essentials – that are beneficial to all athletes!

HOW WILL I FEEL BEFORE AND AFTER ATHLETE30?

Before: Maybe nervous, maybe excited...like you're waiting to take the field! Allow yourself to be a rookie but push yourself for 30 minutes.

During: You'll feel challenged, strong, powerful...but don't worry if some movements feel *awkward* or unusual. The movements in ATHLETE30 might be different than what you're used to. This is actually a good thing – it means your body is developing new neural patterns that will help you move better throughout life.

The movements will feel more natural every time you return to ATHLETE30. In other words, with each session, you'll be a stronger athlete!

After: Yes, you'll feel some next-day soreness, but that's great – your hard work is working!

LEARN MORE



ATHLETE30[®]

Interval-Based Sports Training

LET'S MOVE!