

# MOC LIVE

MARVELOUS MAY "Just Get It Done"

May, 2022

## Body/Mind/Spirit & Spring!

| Sunday                             | Monday                       | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday                     |
|------------------------------------|------------------------------|--|---|--|---|------------------------------|
| 1<br>AVOID RESTRICTIVE DIETS       | 2<br>LIFT HEAVY WEIGHTS      | 3<br>MOC LIVE CARDIO STRENGTH<br>MUSCLE UP MAY           | 4<br>MOC LIVE FLOW MOBILITY<br>BACK CHAIR SERIES      | 5<br>MOC CARDIO YOGA BALL<br>20-20-20            | 6<br>MOC CHISEL/SCULPT<br>CORE FOR THE SHORE! | 7<br>GET OUT AND CYCLE!      |
| 8<br>LAUGH OFTEN                   | 9<br>EAT ADEQUATE PROTEIN    | 10<br>MOC LIVE CARDIO STRENGTH<br>KICKBOX DRILLS and FUN | 11<br>MOC LIVE FLOW MOBILITY<br>FULL SPRING FLOW      | 12<br>MOC BOUNCE CIRCUIT<br>SWEAT CITY INTERVALS | 13<br>MOC CHISEL/SCULPT<br>ARMED & AMPED      | 14<br>GET OUT AND WALK!      |
| 15<br>DON'T BEAT YOURSELF UP       | 16<br>STAY HYDRATED          | 17<br>MOC LIVE CARDIO STRENGTH<br>TABATAS/HIIT           | 18<br>MOC LIVE FLOW MOBILITY<br>ROM ROLLING TECHNIQUE | 19<br>MOC CARDIO YOGA BALL<br>1:1 CHALLENGE      | 20<br>MOC CHISEL/SCULPT<br>SPRING FLING!      | 21<br>GET OUT AND DO STAIRS! |
| 22<br>TRACK YOUR FOOD INTAKE       | 23<br>FEED YOUR GUT BACTERIA | 24<br>MOC LIVE CARDIO STRENGTH<br>PURE REPS/SETS         | 25<br>MOC LIVE FLOW MOBILITY<br>HIPS/SHOULDERS        | 26<br>MOC BOUNCE CIRCUIT<br>GET A JUMP ON IT!    | 27<br>MOC CHISEL/SCULPT<br>H.A.B.I.T.A.T.     | 28<br>GET OUT AND BREATHE!   |
| 29<br>USE PLENTY OF HERBS & SPICES | 30<br>EAT NUTS & SEEDS       | 31<br>MOC LIVE CARDIO STRENGTH<br>X-CORE DRILLS          |   |  |   |                              |