

When you exercise, do you prefer:

Structure *or* Freedom *or both*

Routine *or* Variety *or both*

Practical *or* Adventure *or both*

MOSTYLE™ Scoring

If you answered: Structure, Routine, Practical
You prefer: **TRADITIONAL** movement
Which Means: Known, Not overly complicated (or, not the weird stuff)
Examples: Squats, Deadlifts, Benchpress, Triceps Pushdowns, etc.

If you answered: Freedom, Variety, Adventure
You prefer: **PROGRESSIVE** movement
Which Means: Unknown, Complex (or, the weird stuff)
Examples: ViPR® Front Squat with Rotation, Sandbell™ Lateral Deadlift Slam

If you answered: 2 or more as "both"
You prefer: **HYBRID** movement
Which Means: You like a bit of both