

# BEACH BODY READY

BY SUZANNE KOCH

*Inspiring trainer Modu Seye is the founder, owner and man behind ModuVated Fitness Club, Cabo's best way to get yourself into shape.*

**M**ODU SEYE has always been an enthusiast for working out and seeing how far he could push his body in different ways. After graduating college and moving to Los Angeles, Modu learned, for the first time ever, that fitness could be something more than just a hobby; it could be his whole life. In 2009 he pursued the dream of making that a reality and founded ModuVated, a brand focused on fitness and healthy living. As his business quickly picked up in Southern California, a client asked Modu to come down to Cabo to train him for a short time. With a stable business and established roster of clients, he was hesitant and only promised

the client a six month stint. But after visiting Cabo, those six months turned into nine years and now Modu is one of the top trainers in the area, with programs at a handful of five-star resorts and his very own fitness club at Plaza Koral in San Jose del Cabo.

His workout locations range from the sunny beach to his indoor gym, but Modu believes that everyone already owns a personal gym through the use of their own bodies. This idea is reflected in his main focus: Beach Bootcamp & Functional Training. The workout, despite its intimidating name, is ideal for all skill levels and is his specialty for ensuring attendees work up a mean sweat. Even visitors to Cabo can easily join in on the

heart-pumping activities as Modu has designed exclusive fitness programs for some of the area's top resorts and communities.

From Modu's infectious positivity to his downright sweat-inducing workouts, there's no doubt that he's a hot commodity for getting that bikini-ready body. In addition to Beach Bootcamp, ModuVated offers up to 30 different classes like yoga, pilates, aqua spin, barre, functional training and plenty more. Whether you want to drop in to the ModuVated gym, enjoy a beachfront class or schedule a personal in-home training session, there's no excuse not to squeeze that work out in. But one class with Modu, and we're sure you'll be hooked.

## Fit Facts With Modu

**FAVE CABO SPOT FOR A HEALTHY MEAL** California Ranch Market or Cynthia Fresh

**NO. 1 RECOMMENDED CLASS** Beach Bootcamp & Functional Training

**WHERE TO WORK OUT WITH MODU** ModuVated Fitness Club at Cerro Colorado, Plaza Koral

**RESORTS WITH MODU'S PROGRAMS** Diamante; El Dorado Golf & Beach Club; Viceroy Los Cabos; Las Ventanas al Paraiso, a Rosewood Resort; Chileno Bay Resort & Residences, Auberge Resorts Collection

***Moduvated.com***





Those looking to continue their workout regimen back home can download the ModuVated Fitness app (available for iPhone and Android) where new workouts are updated daily.

*“I am a true believer in giving 100-percent in everything you do, you have to focus on one thing in order to make it right and give it your all.” -MODU*



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