

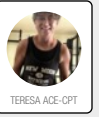


# NMF Benchmark - Speed

New Moon Fitness

sets  
per exercise

seconds  
rest between sets



TERESA ACE-CPT

Complete in fastest time possible.  
>5min easy <2:min progress  
exercises

Equipment: Bodyweight, Cables

## NMF Strength

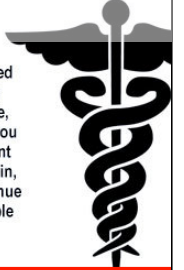


## STRENGTH

REPS	WEIGHT	TIME	NOTES

## Before You Begin

Always review exercise with your doctor to ensure that it isn't contraindicated by any medications or medical issues you may have. If you haven't trained for a while, start out slow and go easy. If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately. You are responsible for exercising within your limits.



## BEFORE YOU BEGIN

You are responsible for exercising within your limits.

REPS	WEIGHT	TIME	NOTES



## Warm Up

- A warm up will prepare you for exercise by increasing blood flow to the muscles as well as help increasing joint range of motion
- Perform a 5 minute warm up, starting at a slow pace and gradually increasing it as you proceed.

REPS	WEIGHT	TIME	NOTES

## Prisoner Squat

Legs



- 1 - Stand upright with your feet flat and shoulder-width apart and your hands at the sides of your head.
- 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
- 3 - Push through your heels to return to the top position, keeping your back flat, your head up and your hands at the sides of your head throughout the movement.

REPS	WEIGHT	TIME	NOTES
30		0.0	

## Push Up

Chest



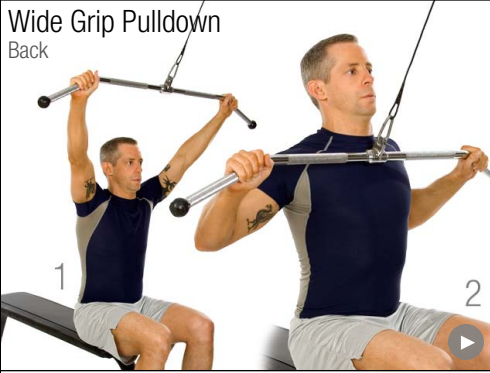
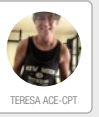
- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
  - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
  - Keep your back flat and your hips in line with your shoulders throughout.

REPS	WEIGHT	TIME	NOTES
20		0.0	Incline for beginners



# NMF Benchmark - Speed

sets <small>per exercise</small>	seconds <small>rest between sets</small>
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**Wide Grip Pulldown**  
Back

- 1 - Grasp the bar using a shoulder-width grip with your arms extended straight overhead.
- 2 - Pull the bar down in front to the top of your chest, bending at the elbows.

- Straighten your arms fully, returning the bar to the top position.

Equipment Sub: Tubing

REPS	WEIGHT	TIME	NOTES
20		0.0	50% bodyweight Progress: Chin up



## Cool Down

- A cool down allows time for your heart rate and core temperature to begin to drop back to normal levels.
- Perform a 5 minute cool down at a slow pace, using controlled breathing.

REPS	WEIGHT	TIME	NOTES