



NMF Benchmark - Volume

New Moon Fitness

sets
per exercise

seconds
rest between sets



TERESA ACE-CPT

Complete one set of maximum number of repetitions for each movement. Rest 3-5 minutes between each movement.

Squat: <10 easy >20 progress
Pull down <5 easy >10 progress
Push up <15 easy >25 progress
Plank <45sec easy >120sec progress

Equipment: Barbell, Cables, Bodyweight

NMF Strength

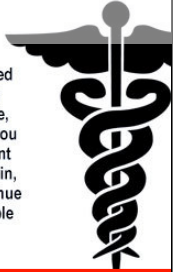


STRENGTH

| REPS | WEIGHT | TIME | NOTES |
|------|--------|------|-------|
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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 |
|------|--------|------|-------|
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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 |
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Back Squat

Legs



- 1 - Stand upright with the barbell on the back of your shoulders and your feet flat, shoulder-width apart.
- 2 - Lower your body toward the floor, sending your hips back and down and bending your knees.
- 3 - Push through your heels to return to start position, keeping your back flat and head up throughout the movement.

| REPS | WEIGHT | TIME | NOTES |
|------|--------|------|----------------|
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| | | | |
| | | 0.0 | 50% bodyweight |
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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.

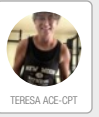
- Straighten your arms fully, returning the bar to the top position.

Equipment Sub: Tubing

| REPS | WEIGHT | TIME | NOTES |
|------|--------|------|----------------------------------|
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| | | 0.0 | 50% bodyweight Progress: Chin up |
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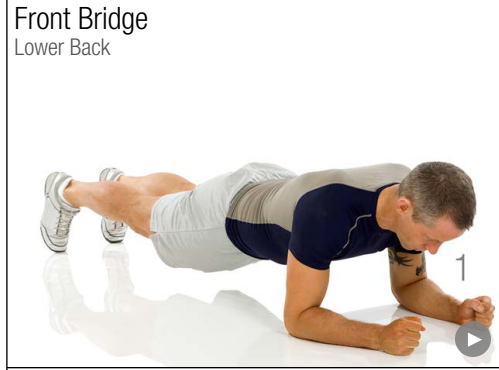
| | |
|-------------------------------------|---|
| sets <small>per exercise</small> | seconds <small>rest between sets</small> |
|-------------------------------------|---|



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 |
|------|--------|------|------------------------------|
| | | 0.0 | <i>Incline for beginners</i> |



Front Bridge
Lower Back

- Lie face down on the floor with your legs straight and arms tucked in by your sides.
- 1 - Raise your body off the floor, resting on your toes and forearms.
- Try to maintain your body in a straight line and keep your back neutral/flat.
 - Hold briefly, then lower yourself back to the floor and repeat.

| REPS | WEIGHT | TIME | NOTES |
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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 |
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