



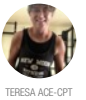
NMF Conditioning - FREQUENT 5

New Moon Fitness

sets
per exercise

seconds
rest between sets

17 min
53 cal



TERESA ACE-CPT

3 rounds of 40/45 seconds of exercise followed by 20/15 seconds rest.

Use a timer!

Continue through circuit three times. Perform quickly with good form. Progress easy exercises and modify hard ones.

Equipment: Dumbbells, Bodyweight, Plate,

Frequent 5



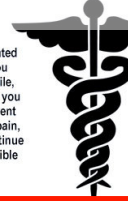
FREQUENT 5

Go fast with good form. Progress easy exercises and modify hard ones. This is a good work out when you have limited time or when you want something simple and familiar.

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

Goblet Squat

Legs



- Stand upright holding one dumbbell in both hands at chest height with your feet flat, shoulder-width apart.
- Lower your body toward the floor, sending your hips back and down and bending your knees.
- Push through your heels to return to the start position, keeping your back flat and head up throughout the movement.

TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
00:00:40						
00:00:40						
00:00:40						

Mountain Climber

Abs



- Support your body on your toes and hands with your arms straight
- Bring one knee in toward your chest, keeping the rest of your body in the push up position.
- Straighten this leg and repeat on the other side.
- Keep your back flat and your hips in line with your shoulders throughout.

TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
00:00:40						
00:00:40						
00:00:40						

Pull Up

Back



- Hang from a bar overhead using a wide overhand grip.
- Pull your body up, bending at the elbows until your chin reaches over the bar.

- Lower back down to where your arms are fully extended.

TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
00:00:40						
00:00:40						
00:00:40						

Modify with chin up, suspension or row

Thruster

Full Body



- Stand upright holding a plate at chest height.
- Bend at the hips and knees, lowering into a squat, keeping the plate at chest height.
- Come upright rapidly and in one movement, thrust the plate overhead, extending your arms fully.

- Lower the plate and repeat.

TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
00:00:40						
00:00:40						
00:00:40						

Box Jump

Legs



- Stand upright facing a box or step with your arms by your sides.
- Dip at the hips and knees into a semi-squat and jump onto the box, driving up with your legs and arms.
- Land on the box with both feet and dip at the hips and knees to absorb the impact.
- Step off the box and repeat.

TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
00:00:40						
00:00:40						
00:00:40						

Modify with step 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



Stretching

Stretching is an extremely important part of any exercise program that will increase flexibility, joint range of motion, circulation and posture as well as relieve stress and prevent injury.

REPS	WEIGHT	TIME	NOTES