



# NMF Conditioning - INTEGRATED STRENGTH

New Moon Fitness

45min  
141cal



TERESA ACE-CPT

Rest briefly between sets. Do one cardio interval after 3 sets of each strength interval.


Choose one for your cardio interval:  
400m treadmill  
.35 mile outdoor run  
600m row  
250 jump ropes

Your goal for this work out:  
1. Breathless  
2. Burning muscles  
3. Lifting heavy weight  
4. Sweat!

Equipment: Bodyweight,  
Dumbbells,

### Conditioning

Full Body



## CONDITIONING

Conditioning is the maximum sustainable power output throughout the duration of the event.

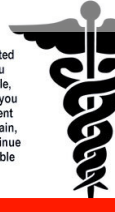
Improve your aerobic and anaerobic capacity, strength, muscle endurance, and flexibility.

Monitor heart rate (HR), heart rate recovery (HR), rating of perceived exertion (RPE)

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


### 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.

REPS	WEIGHT	TIME	NOTES
10		0.0	GO HEAVY. If you can lift the weight 10+ times it's too light
10		0.0	
10		0.0	
10		0.0	




## Cardio

Use this high intensity workout to maximize calorie burn, torch that excess body fat and quickly trim down.

REPS	WEIGHT	TIME	NOTES
		0.0	Do one cardio interval each circuit. Choices listed above. Complete the reps or the time listed for your choice.

### Overhead Press

Shoulders




- Stand upright holding dumbbells at shoulder height with your elbows bent and your palms facing forward.
- Press the dumbbells overhead, extending your arms fully.

- Keep your back flat throughout the movement.

Equipment Sub: Barbell

REPS	WEIGHT	TIME	NOTES
10		0.0	GO HEAVY. If you can lift the weight 10+ times it's too light
10		0.0	
10		0.0	
10		0.0	




## Cardio

Use this high intensity workout to maximize calorie burn, torch that excess body fat and quickly trim down.

REPS	WEIGHT	TIME	NOTES
		0.0	Do one cardio interval each circuit. Choices listed above. Complete the reps or the time listed for your choice.

### Bent Over Row


Back



- Bend forward at your waist with your knees slightly bent and your back flat while holding dumbbells with your arms straight and palms facing in.
- Lift the dumbbells up to the sides of your chest.

- Lower the dumbbells back to a straight arm position, keeping your back flat throughout.

REPS	WEIGHT	TIME	NOTES
10		0.0	GO HEAVY. If you can lift the weight 10+ times it's too light
10		0.0	
10		0.0	
10		0.0	



## Cardio

Use this high intensity workout to maximize calorie burn, torch that excess body fat and quickly trim down.

REPS	WEIGHT	TIME	NOTES
		0.0	Do one cardio interval each circuit. Choices listed above. Complete the reps or the time listed for your choice.

### Wide Floor Press

Chest




- Lie on the floor holding dumbbells at shoulder level with your elbows bent and your palms facing forward.
- Press the dumbbells straight up over your chest, keeping your palms facing forward.

- Lower the dumbbells back to shoulder level and repeat.

Equipment Sub: Barbell

REPS	WEIGHT	TIME	NOTES
10		0.0	GO HEAVY. If you can lift the weight 10+ times it's too light
10		0.0	
10		0.0	
10		0.0	




## Cardio

Use this high intensity workout to maximize calorie burn, torch that excess body fat and quickly trim down.

REPS	WEIGHT	TIME	NOTES
		0.0	Do one cardio interval each circuit. Choices listed above. Complete the reps or the time listed for your choice.

### Front Bridge

Lower Back



- Lie face down on the floor with your legs straight and arms tucked in by your sides.

- 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
		60.0	
		60.0	