



NMF Stability - CLOSED CHAIN

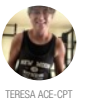
New Moon Fitness

3 sets
per exercise

10 reps
per set

60 seconds
rest between sets

30min
81 cal



TERESA ACE-CPT

For each exercise, perform 3 sets of 10 reps, resting 60 seconds between sets

Modify exercises as needed. Progress exercises by slowing reps or adding weight.

Equipment: , Bodyweight, Dumbbells

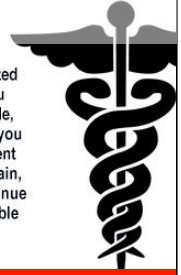
Stability

Improving your balance and stability will not only make you more agile, but will also promote greater strength gains and weight loss.

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

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REPS	WEIGHT	TIME	NOTES

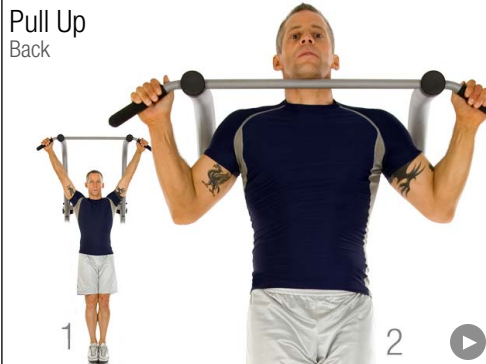
Warm Up

- 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
10			
10			
10			

Pull Up

Back



- 1 - Hang from a bar overhead using a wide overhand grip.
 - 2 - 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.

REPS	WEIGHT	TIME	NOTES
10			MODIFY WITH JUMPING OR NEGATIVES
10			
10			

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
10			MODIFY ON KNEES OR INCLINE
10			
10			



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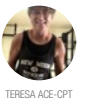
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3 sets
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TERESA ACE-CPT

Goblet Squat

Legs



- 1 - Stand upright holding one dumbbell in both hands at chest height with 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 the start position, keeping your back flat and head up throughout the movement.

Equipment Sub: Plate, Kettlebell

REPS	WEIGHT	TIME	NOTES
10			
10			
10			

Deadlift

Legs



- 1 - Start in a squat position with your feet hip-width apart, your head up and your hips low holding a dumbbell on the floor between your feet.
- 2 - Stand up with the dumbbell, keeping your arms straight and your back flat.
- 3 - Lower the dumbbell back to the floor, sending your hips back and down and bending your knees.

Equipment Sub: Barbell, Plate

REPS	WEIGHT	TIME	NOTES
10			
10			
10			

Lunge

Legs



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			

Butterfly Sit Up

Abs



- 1 - Lie on your back with your heels together, knees bent and out to the sides and your arms overhead, hands clasped.
 - 2 - Lift your arms, head and shoulders off the floor, coming all the way upright and reach your hands towards your feet.
- Lower your arms, head and shoulders and repeat.

REPS	WEIGHT	TIME	NOTES
15			
15			
15			

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
10			
10			
10			

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