



# NMF Stability - HIP/SHOULDER

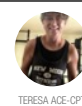
New Moon Fitness

3 sets  
per exercise

10 reps  
per set

60 seconds  
rest between sets

40min  
90cal



TERESA ACE-CPT

Equipment: , Dumbbells, Suspension, Plate, Med Ball, Bodyweight, Cables, Barbell

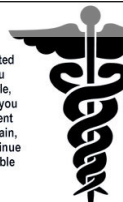
## Stability

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

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



- 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.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			

## Uni Incline Bench Press



- 1 - Lie on an incline bench holding one dumbbell at shoulder level with your elbow bent.
  - 2 - Press the dumbbell up until your arm is straight up over your chest.
- Complete all reps on one side before switching to the other side.
- Equipment Sub: Kettlebell

REPS	WEIGHT	TIME	NOTES
10			
10			

## Pull Through



- 1 - Support your body off the floor in a supine position with your hands under your shoulders, your heels in the straps and your body straight.
- 2 - Pull your legs towards your hands, bending at the hips.

REPS	WEIGHT	TIME	NOTES
10		0.0	
10		0.0	

## Good Morning



- 1 - Stand upright holding a weight plate in both hands against your chest with your feet about hip-width apart.
  - 2 - Bend forward at your hips, keeping your back flat and your legs straight.
  - 3 - Return to the upright position.
- Be sure to maintain a flat back throughout and keep your legs straight.

REPS	WEIGHT	TIME	NOTES
10			
10			

## Lying Throw



- 1 - Lie on your back holding the ball in both hands on your chest with your feet flat and knees bent.
- 2 - Throw the ball straight up over your chest, extending your arms fully.
- 3 - Catch the ball over your chest and lower back down to repeat.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			

## Hip Abduction



- 1 - Stand upright with your feet close together and a weight plate on the floor beside one foot.
  - 2 - Push the plate out and away from your body with the side of your foot.
- Step the other foot across and repeat.
  - Complete all reps on one side before switching to the other side.

REPS	WEIGHT	TIME	NOTES
10		0.0	
10		0.0	

## Reverse Extension



- 1 - Lie face down on a bench, hanging your lower body off the bench with your toes touching the ground.
  - 2 - Raise your lower body up until your whole body is straight.
- Lower your legs to tap the floor and repeat.
  - Hold on to the top of the bench to assist you.

REPS	WEIGHT	TIME	NOTES
10			
10			

## Hip Raise



- 1 - Lie on your back on a bench with your legs straight up in the air and your hands holding the bench overhead.
  - 2 - Push your feet up towards the ceiling, raising your hips off the bench.
- Lower your hips back to the bench and repeat.

REPS	WEIGHT	TIME	NOTES
10			
10			



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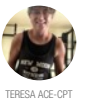
New Moon Fitness

3 sets  
per exercise

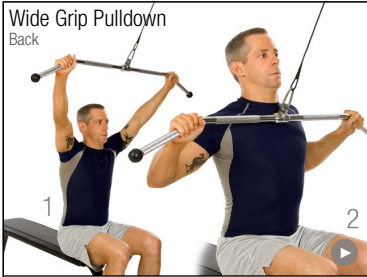
10 reps  
per set

60 seconds  
rest between sets

40min  
90cal



TERESA ACE-CPT



**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
10			
10			
10			



**Side Bridge**  
Abs

- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
- 2 - Raise your body off the floor, resting on your forearm and foot.

- Try to keep your body in a straight line and your elbow directly under your shoulder.
- Hold, then lower yourself back to the floor and repeat.

REPS	WEIGHT	TIME	NOTES
10			
10			



**Core Rotation**  
Abs

- 1 - Stand upright holding the end of a weighted bar at chest level with your elbow bent and the other end anchored on the floor against a solid object.
- 2 - Twist your upper body to one side, lowering the bar down to the side of that knee and bending at your hips and knees.
- 3 - Return to the upright mid-position and repeat to the other side.

REPS	WEIGHT	TIME	NOTES
25		0.0	
25		0.0	



## 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