



NMF Strength - 2 Day Split BLITZ

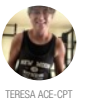
New Moon Fitness

4 sets
per exercise

10 reps
per set

60 secs
rest between sets

40min
90cal



TERESA ACE-CPT

For each exercise, perform 4 sets of 10 repetitions, resting 60 seconds between sets, unless otherwise indicated.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If its too hard, slightly decrease it.

Equipment: , Dumbbells, Bodyweight, Machine

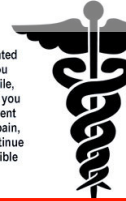


STRENGTH

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



Upper Body

This workout targets your chest, shoulders, back and arms to help you gain more lean muscle mass and awesome upper body strength.

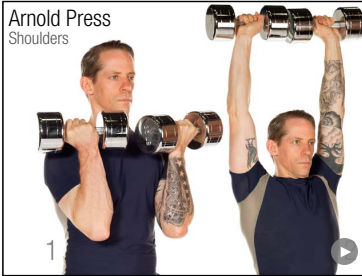
REPS	WEIGHT	TIME	NOTES



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



Arnold Press Shoulders

- Stand upright holding dumbbells at shoulder height with your elbows bent and your palms facing back.
 - Press the dumbbells overhead, extending your arms fully and turning at the wrists to finish with palms facing out.
- Keep your back flat and remain upright throughout the movement.

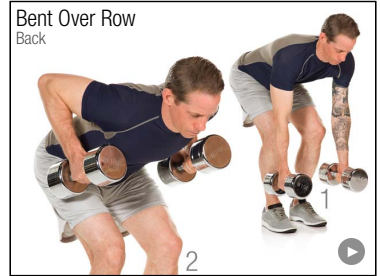
REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			



Push Up Chest

- Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 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			
10			
10			
10			
10		0.0	



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			
10			
10			
10			
10			



Superset

REPS	WEIGHT	TIME	NOTES



French Press Triceps

- Lie on a bench holding dumbbells with your arms straight up over your chest.
- Bend at the elbows, lowering the dumbbells down to the sides of your head.
- Straighten your arms, raising the dumbbells back up straight over your chest.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			



Twisting Curl Biceps

- Stand upright holding the dumbbells by your sides with your arms straight and your palms facing inward.
 - Raise the dumbbells up to your shoulders, turning at the wrists, finishing with your palms facing back.
- Keep your elbows close to your sides throughout and do not swing your arms or upper body.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			



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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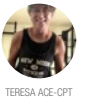
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4 sets
per exercise

10 reps
per set

60 secs
rest between sets

40min
90cal



TERESA ACE-CPT



Lower Body

Your legs not only hold you up and move you around, they also contain most of your largest muscle groups. So pack on some lean muscle and fire up your weight loss with this workout.

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



Stiff Leg Deadlift

Legs

- Stand upright holding the dumbbells at your thighs with your arms straight and your feet hip-width apart.
- Lower the dumbbells to just below your knees shifting your hips back and keeping your legs straight and back flat.
- Return to the upright start position.

Equipment Sub: Barbell, Plates

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			



Extension

Lower Back

- Lay on a back extension machine with thighs on the pads and your upper body bent over at waist, arms across your chest.
- Raise your upper body to a full upright position.

Equipment Sub: Swiss Ball

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			



Superset

REPS	WEIGHT	TIME	NOTES



Front Squat

Legs

- Hold dumbbells at your shoulders with your palms in and your feet shoulder-width apart.
- Squat down, sending your hips back, bending your knees and keep the dumbbells at shoulder height.
- Push through your heels to return to the start position, keeping your back flat throughout.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			



Crossover Step Up

Legs

- Stand to the side of a bench with your outside foot on the bench across the other leg, holding dumbbells by your sides.
- Push down on top foot and step up and laterally onto the bench.
- Step down onto the inside foot, keeping the outside foot on the bench.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

REPS	WEIGHT	TIME	NOTES
10			
10			
10			



Superset

REPS	WEIGHT	TIME	NOTES



Calf Raise

Legs

- Stand on your toes on the edge of a step with dumbbells at your sides.
- Drop your heels down as far as you can.
- Raise your heels coming up onto your toes again as high as you can.

Equipment Sub: Plates, Kettlebells

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			



Glute Bridge

Legs

- Lie on your back with your knees bent and feet flat, placing your hands at your sides.
- Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.

REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			



Cool Down

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REPS	WEIGHT	TIME	NOTES