



NMF Strength - BIG FOUR DUMBBELLS

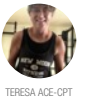
New Moon Fitness

4 sets
per exercise

10 reps
per set

60 seconds
rest between sets

45min
121 cal



TERESA ACE-CPT

For each exercise, perform 4 sets of 10 reps, resting 60 seconds between sets

Equipment: , Dumbbells

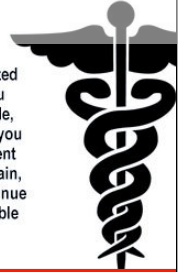


Strength

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

REPS	WEIGHT	TIME	NOTES



Warm Up

REPS	WEIGHT	TIME	NOTES

Goblet Squat

Legs



REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			

Overhead Press

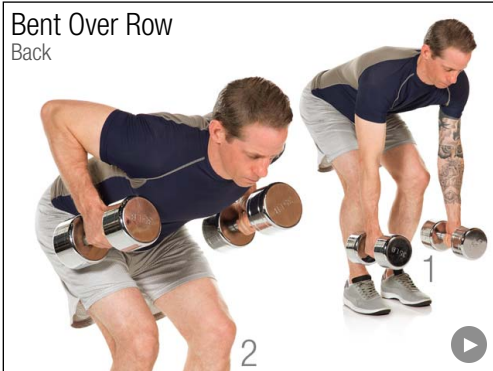
Shoulders



REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			

Bent Over Row

Back



REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			

Bench Press

Chest



REPS	WEIGHT	TIME	NOTES
10			
10			
10			
10			



Cool Down

REPS	WEIGHT	TIME	NOTES