



# NMF Strength - BIG FOUR DUMBBELLS

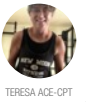
New Moon Fitness

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

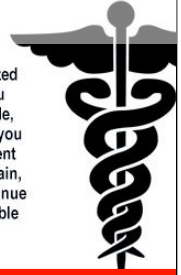


## Strength

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

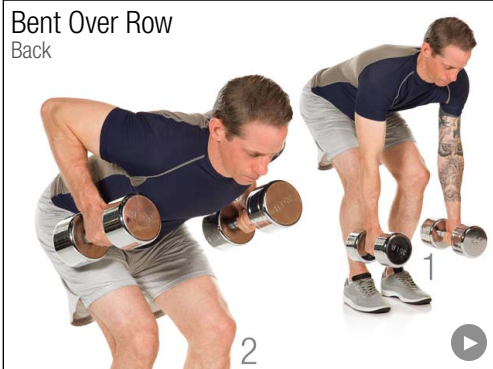
Shoulders



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