



# NMF Strength - EARN YOUR PIE

New Moon Fitness

3 sets  
per exercise

10 reps  
per set

60 seconds  
rest between sets

45min

121cal



TERESA ACE-CPT

For each exercise, perform 3 sets of 10 reps, resting 60 seconds between sets. Or complete more reps as listed.

Equipment: Dumbbells, Kettlebells, Bodyweight, Swiss Ball,

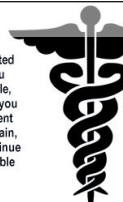


## STRENGTH

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

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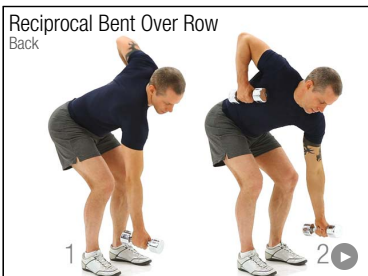
REPS	WEIGHT	TIME	NOTES



## 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



## Reciprocal Bent Over Row

Back

- 1 - Bend forward at your waist with your knees slightly bent and your back flat holding one dumbbell at chest level and the other with your arm straight.
  - 2 - Lift one dumbbell straight up to your chest while lowering the other to a straight arm position, keeping your back neutral/flat throughout.
- Both dumbbells should be moving at the same time, but in opposite directions.

REPS	WEIGHT	TIME	NOTES
10		0.0	
10		0.0	
10		0.0	



## Uni Stiff Leg Deadlift

Legs

- 1 - Stand upright holding dumbbells by your sides with your arms straight.
  - 2 - Raise one leg straight up behind as you lower your torso down and reach the dumbbells toward the floor, keeping both legs straight.
  - 3 - Return to the upright position.
- Complete all reps on one side before switching to the other side.

REPS	WEIGHT	TIME	NOTES
10		0.0	
10		0.0	
10		0.0	

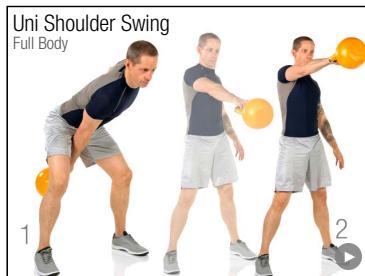


## Incline Bench Press

Chest

- 1 - Lie on an incline bench holding the dumbbells at shoulder level with your elbows bent.
  - 2 - Press the dumbbells up until your arms are straight up over your chest.
- Lower the dumbbells back to shoulder level and repeat.
- Equipment Sub: Barbell

REPS	WEIGHT	TIME	NOTES
10		0.0	
10		0.0	
10		0.0	



## Uni Shoulder Swing

Full Body

- 1 - Squat holding a kettlebell in one hand between your legs with your arms straight.
  - 2 - Thrust your hips forward swinging the kettlebell out and up to just over shoulder height with your arm straight.
- Allow the kettlebell to fall forward, guiding it back down along the same path and repeat.

REPS	WEIGHT	TIME	NOTES
10		0.0	
10		0.0	
10		0.0	



## Box Jump

Legs

- 1 - Stand upright facing a box or step with your arms by your sides.
  - 2 - Dip at the hips and knees into a semi-squat and jump onto the box, driving up with your legs and arms.
  - 3 - Land on the box with both feet and dip at the hips and knees to absorb the impact.
- Do not bounce up and down on the ball as you do each repetition.

REPS	WEIGHT	TIME	NOTES
12		0.0	
12		0.0	
12		0.0	



## Back Extension

Lower Back

- 1 - Lie face down with your chest on the ball, your hands at the sides of your head and your legs straight out behind.
  - 2 - Raise your chest up off the ball coming to an upright position.
- Do not to bounce up and down on the ball as you do each repetition.

REPS	WEIGHT	TIME	NOTES
25		0.0	
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



## 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