



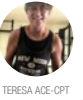
NMF Strength - MAXES RECORD SHEET

New Moon Fitness

sets
per exercise

seconds
rest between sets

15min
54cal



TERESA ACE-CPT

Work on achieving 5RM.
Record progress on
different exercises. TEST
YOUR MAX ON NO MORE
THAN 3 DIFFERENT
EXERCISES PER WEEK.

Equipment: , Barbell



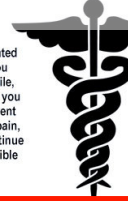
Strength

This workout is designed to help you gain strength, burn fat, lose weight, improve endurance and help get you in the best shape of your life and looking great.

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

Deadlift Legs



- 1 - Start in a squat position with the barbell on the floor, your feet hip-width apart, your head up and your hips low.
- 2 - Stand up, lifting the barbell, keeping your arms straight and your back flat.
- 3 - Lower the barbell back to the floor, pushing your hips back and down and bending your knees.

REPS	WEIGHT	TIME	NOTES

Back Squat Legs



- 1 - Stand upright with the barbell on the back of your shoulders and 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 start position, keeping your back flat and head up throughout the movement.

REPS	WEIGHT	TIME	NOTES

Bent Over Row Back



- 1 - Bend forward at your waist with your knees slightly bent and your back flat holding a barbell with your arms straight.
 - 2 - Lift the barbell up to your chest, bending at your elbows.
- Lower the barbell back to a straight arm position, keeping your back flat throughout.

Equipment Sub: Dumbbells

REPS	WEIGHT	TIME	NOTES

Bench Press Chest



- 1 - Lie on a flat bench holding the barbell up over chest with your arms straight and hands shoulder-width apart.
- 2 - Lower the barbell down to upper-chest level, bending at the elbows.
- 3 - Press the barbell back up to a straight arm position.

Equipment Sub: Dumbbells

REPS	WEIGHT	TIME	NOTES

Front Squat Legs



- 1 - Stand upright holding a barbell in front at shoulder height with your hands shoulder-width apart, elbows bent and your palms facing forward.
- 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 start position, keeping your back flat and head up throughout the movement.

REPS	WEIGHT	TIME	NOTES

Overhead Squat Legs



- 1 - Stand upright holding a barbell overhead with your arms extended, using a wide grip and your feet shoulder-width apart
- 2 - Lower your body toward the floor, bending at the hips and knees and keeping the bar overhead.
- 3 - Push up to return to the start position, keeping your back neutral/flat and the barbell overhead throughout.

REPS	WEIGHT	TIME	NOTES

Clean Full Body



- 1 - Squat low holding a barbell on the floor with your feet and hands hip-width apart, your head up.
- 2 - In one motion rapidly extend your hips and knees, pulling the barbell up off the floor, keeping your arms straight.
- 3 - Drop under the bar as it is traveling up and absorb it in a low squat.
- 4 - Stand upright with the barbell across your shoulders.

REPS	WEIGHT	TIME	NOTES

Clean & Press Full Body



- 1 - Hold a barbell on the floor with your feet and hands hip-width apart, head up.
- 2 - Rapidly extend your hips and knees, pulling the barbell up, keeping your arms straight, and drop under the bar as it travels up to absorb it in a low squat.
- 3,4 - Stand upright with the barbell across your shoulders then rapidly press the barbell overhead.

REPS	WEIGHT	TIME	NOTES

Curl Biceps



- 1 - Hold a barbell underhanded with your hands shoulder-width apart and your arms straight.
 - 2 - Raise the barbell up to shoulder height, keeping your elbows at your sides.
- Lower the barbell back to a straight arm position.
 - Do not rock your upper body back and forth as you lift and lower the

REPS	WEIGHT	TIME	NOTES