



NMF Travel - TUBES

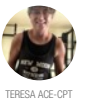
New Moon Fitness

2 sets
per exercise

15 reps
per set

45 secs
rest between sets

25min
45cal



TERESA ACE-CPT

Equipment: ,
Tubing/Bands



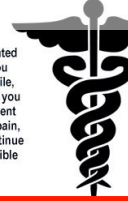
Hotel

Stay fit and toned on the road and in your hotel room with easy-to-execute exercises that use furniture and items commonly found in hotel rooms.

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
15			
15			



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

Overhead Squat

Legs



- 1 - Stand upright on the middle of the tubing holding the handles overhead with your arms extended and your feet shoulder-width apart.
- 2 - Lower your body toward the floor, bending at the hips and knees, keeping the handles overhead.
- 3 - Push up to return to the start position, keeping your back flat and the handles overhead throughout.

REPS	WEIGHT	TIME	NOTES
15			
15			

Reverse Lunge

Legs



- 1 - Stand upright with one foot on the middle of the tubing holding the handles at your shoulders with your elbows bent.
- 2 - Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
- 3 - Push off your front foot to return to the start position, keeping the handles at your shoulders throughout.

REPS	WEIGHT	TIME	NOTES
15			
15			

Bent Over Row

Back



- 1 - Bend forward at your waist with your knees slightly bent, back flat standing on the middle of the tubing and holding the handles with your arms straight and palms facing in.
 - 2 - Lift the handles up to the sides of your chest.
- Lower the handles back to a straight arm position, keeping your back flat throughout.

REPS	WEIGHT	TIME	NOTES
15			
15			

Recip Overhead Press

Shoulders



- 1 - Stand upright on the middle of the tubing, holding one handle at shoulder level with the other extended overhead, arm straight, palms facing out.
 - 2 - Press the lower handle overhead while lowering the other down to shoulder level.
- Both handles should be moving at the same time, but in opposite directions.

REPS	WEIGHT	TIME	NOTES
15			
15			

Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor with the tubing wrapped over your shoulders and the ends under your hands.
 - 2 - Push up to a straight arm position.
- Lower your chest back toward the floor and repeat, keeping your back flat and your hips in line with your shoulders throughout.

REPS	WEIGHT	TIME	NOTES
15			
15			

Curl

Biceps



- 1 - Stand upright on the middle of the tubing holding the handles underhanded with your arms straight.
 - 2 - Raise the handles up to shoulder height, keeping your elbows at your sides.
- Lower the handles back to a straight arm position.

REPS	WEIGHT	TIME	NOTES
15			
15			

Hip Raise

Abs



- 1 - Lie on your back with your legs straight up with the tubing over your heels holding the handles on the floor.
 - 2 - Push your feet up towards the ceiling, raising your hips off the floor, keeping your hands steady.
- Use your abdominal muscles to pull you up and do not push with your hands.

REPS	WEIGHT	TIME	NOTES
15			
15			



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