



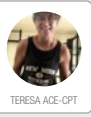
# NMF WOD - Betty

New Moon Fitness

sets  
per exercise

seconds  
rest between sets

20min  
72cal



TERESA ACE-CPT

For time.

5 Rounds for Time

Equipment: , Barbell, Bodyweight

## High Intensity

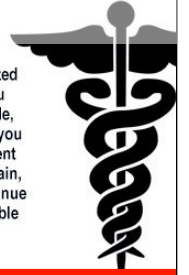


# HIGH INTENSITY

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

# Circuit

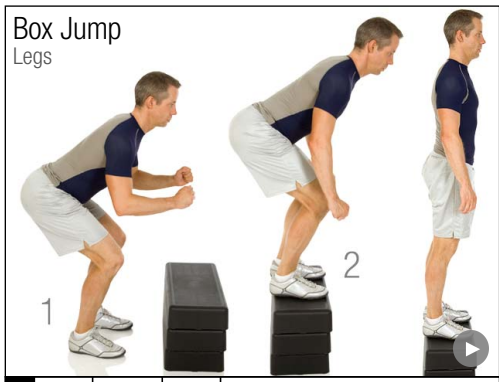
REPS	WEIGHT	TIME	NOTES

## Push Press Shoulders



REPS	WEIGHT	TIME	NOTES
12			135/95

## Box Jump Legs



REPS	WEIGHT	TIME	NOTES
20			24/20

# End of Circuit

REPS	WEIGHT	TIME	NOTES



## Cool Down

REPS	WEIGHT	TIME	NOTES