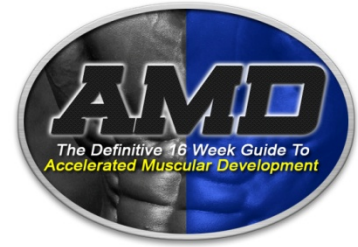


AMD WOM
February 2010
Workout of the Month

AMD Workout of the Month

Target: Full Body

Date:



AMD Full Body

Target	Volume
Seal Jumps	1-2 minutes
Foam Roller – Whole Body	Various
Rotator “Y”	10 reps
Rotator “L”	10 reps
Push-up Plus	10 reps
Push-ups	20 reps
Birddogs	10 reps each side
Glute Stretch into Strider	10 reps each side
1) Chin-ups (Heavy, add weight if possible)	4x8-10
2a) DB Bench Press	7 minutes duration
2b) Barbell RDL into Shrug	First Set of Each Exercise Should Target 8-10 reps then (As Many Reps/Sets As Possible Back & Forth)
3a) Plate Backward Lunges	7 minutes duration
3b) DB Posterior Flyes	First Set of Each Exercise Should Target 8-10 reps then (As Many Reps/Sets As Possible Back & Forth)
Hanging Leg Lifts	3x12
Any 3 Movements From This Mobility Video	http://www.youtube.com/watch?v=EbO6kIMhYf0
Static Stretching – Upper / Lower	Various
Optional Fat Loss Session	