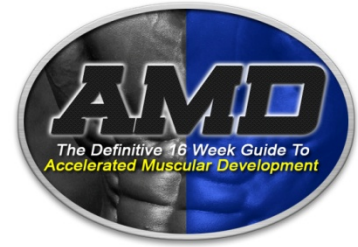


**AMD WOM**  
**January 2010**  
*Workout of the Month*

# AMD Workout of the Month

*Target: Upper Body*

Date:



## AMD Upper Body

Target	Volume
DB Complex a. Press b. Tricep Extensions c. Flyes d. Around the Worlds	10-15 each
Foam Roller – Whole Body	Various
Jump Rope	3 min
Quadrapped Reach Throughs / Push-ups / Hindu Push-ups	10 each side / 20 / 10
1) Floor Press (Heavy)	6 x 6
2a) T-Bar Rows	6 minutes duration First Set of Each Exercise Should Target 8-10 reps then (As Many Reps/Sets As Possible Back & Forth)
2b) Barbell Shrugs	
3a) Bridging DB Bench	8 minutes duration First Set of Each Exercise Should Target 8-10 reps then (As Many Reps/Sets As Possible Back & Forth)
3b) Kneeling One Arm Lat Pull Downs	
3c) Face Pulls + External Rotation	
<b>Hanging Leg Lifts</b>	2x12
Shoulder Complex a. Seated DB cleans b. Broomstick dislocates c. Broomstick external rotation stretches d. Blackburns e. Rotator "Y" f. Rotator "L" g. Rotator "T"	10 reps each
Static Stretching – Upper / Lower	Various
<b>Optional Fat Loss Session</b>	