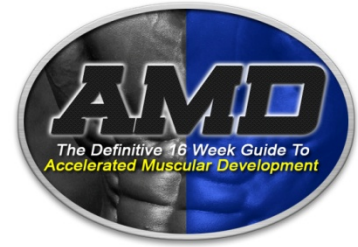


AMD WOM
June 2010
Workout of the Month

AMD Workout of the Month

Target: *Lower Body*

Date:



AMD Lower Body

Target	Volume
Foam Roller – Whole Body	Various
push-up into sit-out and bridge	8 reps
squat to stand	8 reps
striders	8 reps each side
one leg squats	8 reps each side
band pull-aparts	10 reps
REPEAT 3X	
1A) Conventional deadlifts	5x5
1B) Banded good mornings	8-10 reps (only perform after 1 st set of deadlifts)
1C) Medicine ball glute-to-quad rolling	2-3 min (only perform after 1 st set of deadlifts)
2a) DB RDL's	3x12
2b) DB Posterior Flyes	3x12
3a) One Leg Hip Extensions	3x10
3b) Back Extensions	3x15
3c) Lat Stretches	Various
4) Hanging Leg Lifts	4x12
Rolling Hamstring Stretches	Various
Push-up Pluses	Various
Side to side chest stretches	Various

Optional Fat Loss Session