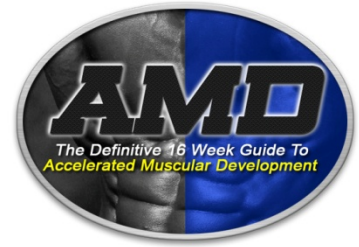


AMD WOM
March 2010
Workout of the Month

AMD Workout of the Month

Target: Full Body

Date:



AMD Full Body

Target	Volume
Foam Roller – Whole Body	Various
Broomstick Dislocates	10 reps
Broomstick Squats	10 reps
Broomstick Good Mornings	10 reps
Rolls to Reach Through	10-15 reps
Rolls to Push-ups	10 reps
Bulgarian Split Squats	10 reps each side
Rotator "Y"	10 reps
Rotator "L"	10 reps
Blackburns	10 reps
1a) Sumo Deadlifts	4x8-10
1b) Narrow Grip Pull-ups	4x10
2a) Strict Military Press	3x12
2b) DB RDL/Curl/Press	4x10
Plate Rotations	2x20
Plate Pop-ups	2x20
Glute Stretches / Chest Stretches	Various

Optional Fat Loss Session