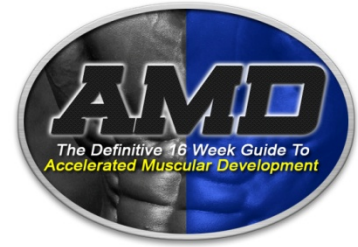


AMD WOM
May 2010
Workout of the Month

AMD Workout of the Month

Target: Upper Body

Date:



AMD Upper Body

Target	Volume
Foam Roller – Whole Body	Various
Jump Rope	3 min
Face Pulls	10 reps
Push-ups Plus	10 reps
Push-ups	10 reps
X-band Walks	45 sec
REPEAT 3X	
Band Dislocates	10 reps
Reach Throughs	10 reps
DB Internal / External Rotations	10 reps
REPEAT 3X	
1) Close Grip Bench Press	4x8-10
2a) Chin-ups (with extra weight if possible)	4x10
2b) Rolling DB Triceps Extensions	4x12
3a) Dips (with extra weight if possible)	3x15
3b) Wide Grip Barbell Shrugs	3x20
Band Good Mornings	20 reps
Lat Stretches	1-2 min
Plate Halos	20 rotations each way (CW/CCW)

Optional Fat Loss Session