

SHOULDERS/TRAPS – ALL DUMBBELLS & DIRTY NASTY SET

WARM UP SET:

SEATED DUMBBELL MILITARY PRESS – 1 set of 20 reps

1.) SEATED DUMBBELL MILITARY PRESS (SLOW NEGATIVES)

4 sets of 8 reps

REST BETWEEN SETS: 90 SECONDS

2.) SEATED DUMBBELL ARNOLD PRESS COMBO

4 sets

First do 5 reps of seated **ARNOLD PRESS**, followed by 5 reps with each arm **ALTERNATING MILITARY PRESS**. This completes 1 set.

REST BETWEEN SETS: 90 SECONDS

3.) STANDING DUMBBELL LATERAL RAISE

DIRTY NASTY SET – 4 sets of 12 reps (10 sec. rest), 8 reps (10 sec. rest), 5 reps. This completes 1 set.

REST BETWEEN SETS: 2 MINUTES

4.) SEATED DUMBBELL FRONT RAISE (PALMS DOWN)

4 sets of 8 reps. SUPER SET WITH...

SEATED DUMBBELL ALTERNATING FRONT RAISE (HAMMER STYLE)

4 sets of 8 reps with each arm

REST BETWEEN SETS: 90 SECONDS

5.) DUMBBELL REAR-DELT COMBO (3 PARTS)

4 sets total.

1st – 8 reps of bent over front raise, followed by...

2nd – 8 reps of bent over lateral raise, followed by...

3rd – 8 reps of bent over lateral raise (palms down).

These 3 exercises in a row completes 1 set.

REST BETWEEN SETS: 60 SECONDS

6.) STANDING DUMBBELL SHRUG (2 SEC. HOLDS)

4 sets of 8 reps

REST BETWEEN SETS: 90 SECONDS