

SHOULDERS/TRAPS – FREE WEIGHTS: SUPER BERSERK SET

1.) SEATED ARNOLD PRESS

4 sets of 8 reps
SUPER SET WITH...

STANDING DUMBBELL FRONT RAISE

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm.
REST BETWEEN SETS: 2 MINUTES

2.) STANDING DUMBBELL MILITARY PRESS

4 sets of 8 reps
SUPER SET WITH...

FLOOR DUMBBELL LATERAL RAISE

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm.
REST BETWEEN SETS: 2 MINUTES

3.) INCLINE BARBELL HIGH ROW (45 DEGREE BENCH)

4 sets of 10 reps
SUPER SET WITH...

INCLINE DUMBBELL REVERSE FLY

Berserk Set: 4 sets of 10 reps with both arms, then 5 reps with each arm
(see video)
REST BETWEEN SETS: 2 MINUTES

4.) STANDING EZ-BAR NEUTRAL-GRIP SHRUG

4 sets of 8 reps
SUPER SET WITH...

SEATED DUMBBELL SHRUG

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm
REST BETWEEN SETS: 2 MINUTE

