



SHOULDERS/TRAPS – (FREE WEIGHTS) GIANT SETS, HSR SETS

WARM UP = Standing DB Military Press: 2 sets of 15 reps

1.) SEATED DUMBBELL MILITARY PRESS

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

2.) FLOOR BARBELL MILITARY PRESS

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

3.) BALANCE DUMBBELL LATERAL RAISE

HSR Set – 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

4.) STANDING DUMBBELL HAMMER-FRONT RAISE (ALTERNATE)

HSR Set – 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

5.) STANDING BARBELL SHRUG

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

