



SHOULDERS/TRAPS – (FREE WEIGHTS) SPIT FIRE & VITALITY SET

WARM UP = Overhead Barbell Press – 2 sets of 15 reps

1.) OVERHEAD BARBELL PRESS

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

2.) SEATED DUMBBELL LATERAL RAISE - ALTERNATE

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps with each arm.

REST BETWEEN SETS: 2 MINUTES

3.) SEATED DUMBBELL HAMMER-FRONT RAISE - ALTERNATE

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps with each arm.

REST BETWEEN SETS: 2 MINUTES

4.) BENT-OVER DUMBBELL LATERAL RAISE

4 sets of 20 reps

REST BETWEEN SETS: 90 SECONDS

5.) STANDING DUMBBELL LATERAL RAISE – PULSE

VITALITY SET: 1 set of 50 reps

6.) WIDE-GRIP BARBELL SHRUG

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

7.) KNEELING DUMBBELL SHRUG

4 sets of 8-10 reps

REST BETWEEN SETS: 90 SECONDS

