

**SHOULDERS, TRAPS – DROP SETS (FREE WEIGHTS)**

**WARM UP = Standing Dumbbell Lateral Raise – 2 sets of 15 reps**

**1.) BARBELL OVERHEAD PRESS**

4 sets of 6-8 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**2.) SEATED SINGLE-DUMBBELL FRONT RAISE**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**3.) STANDING BARBELL FRONT RAISE**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**4.) EZ-BAR INCLINE HIGH ROW**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**5.) SEATED DUMBBELL SHRUG**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**6.) SINGLE-ARM BARBELL SHRUG**

4 sets of 10-12 reps with each side.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS