



SHOULDERS, TRAPS – BARBELL PYRAMID, DUMBBELL ALTERNATE

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

1.) PYRAMID SET = STANDING BARBELL OVERHEAD PRESS

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

2.) SEATED DUMBBELL MILITARY PRESS - ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

3.) PYRAMID SET = BARBELL FRONT RAISE

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

4.) DUMBBELL FRONT RAISE - ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

5.) PYRAMID SET = BENT-OVER BARBELL HIGH ROW

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

6.) BENT OVER DUMBBELL LATERAL RAISE – ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

7.) PYRAMID SET = BARBELL SHRUG

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

8.) DUMBBELL SHRUG – ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.