



SHOULDERS, TRAPS – STRONG MAN SETS, STAMINA SETS

WARM UP = Standing DB Front Raise – 2 sets of 15 reps

1.) STANDING OVERHEAD BARBELL PRESS

4 sets = 10-12 reps

Rest Between Sets: 90 Sec.

2.) STRONG MAN SET = SEATED DB MILITARY PRESS

5 sets = 4-6 reps

Rest Between Sets: 90 Sec.

3.) 2-PHASE BARBELL UPRIGHT ROW

4 sets = 10-12 reps

Rest Between Sets: 90 Sec.

4.) BENT-OVER DB LATERAL RAISE (THUMBS DOWN)

5 sets = 10-12 reps

Rest Between Sets: 90 Sec.

5.) STAMINA SET = SEATED MID-INCLINE (45 DEGREES) DB FRONT RAISE

4 sets = 10-12 reps

SUPER SET WITH...

INCLINE (30 DEGREES) SINGLE-DB FRONT RAISE

4 sets = 10-12 reps

Rest Between Sets: No Rest

6.) STAMINA SET = STANDING BARBELL SHRUG

4 sets = 10-12 reps

SUPER SET WITH...

ROTATING DB SHRUG

4 sets = 10-12 reps

Rest Between Sets: No Rest