



## **SHOULDERS, TRAPS – (FW) PREDATOR SETS, ISOMETRIC SETS**

**WARM-UP: 2 sets of 20 reps of the 1<sup>st</sup> exercise**

**1.) PREDATOR SET = STANDING BARBELL OVERHEAD PRESS**

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

**2.) PREDATOR SET = KNEELING SINGLE-ARM DB MILITARY PRESS**

4 sets = 5-6 slow reps, 5-6 fast reps with each side

Rest Between Sets: 90 Sec.

**3.) PREDATOR SET = INCLINE (70) SINGLE-ARM LATERAL RAISE**

4 sets = 5-6 slow reps, 5-6 fast reps with each side

Rest Between Sets: 90 Sec.

**4.) INCLINE (30) DB REVERSE FLY (PALMS DOWN)**

4 sets = 12-15 reps

Rest Between Sets: 60 Sec.

**5.) PREDATOR SET = INCLINE (30) DB HIGH ROW (PALMS DOWN)**

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

**6.) ISOMETRIC SET = STANDING LATERAL RAISE**

1 set = 30 Sec. hold

**7.) BENT-OVER SINGLE-ARM DB SHRUG**

4 sets = 8-10 reps with each side

Rest Between Sets: 90 Sec.

**8.) ISOMETRIC SET = STANDING DB SHRUG**

1 set = 30 Sec. hold

