



SHOULDERS, TRAPS – (DB) DESTRUCTION & VITALITY SETS

WARM-UP: 2 sets of 15 reps of the 1st exercise

1.) DESTRUCTION SET = STANDING DUMBBELL MILITARY PRESS

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

2.) SEATED DUMBBELL LATERAL RAISE

4 sets = 8-10 reps
Rest Between Sets: 90 sec.

3.) DESTRUCTION SET = KNEELING DUMBBELL FRONT RAISE

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

4.) INCLINE DUMBBELL REVERSE FLY

4 sets = 12-15 reps
Rest Between Sets: 90 sec.

5.) INCLINE STATIC DUMBBELL HIGH ROW

4 sets = 8 reps with each side
Rest Between Sets: 90 sec.

6.) VITALITY SET = HIGH INCLINE DUMBBELL LATERAL RAISE

1 set = 50 reps

7.) DESTRUCTION SET = KNEELING DUMBBELL SHRUG

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

8.) INCLINE DUMBBELL SHRUG

4 sets = 8-10 reps
Rest Between Sets: 90 sec.

