



## **SHOULDERS, TRAPS – (FW) COMPOUND BERSERK SETS**

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

### **1.) STANDING DUMBBELL LATERAL RAISE**

**12-15 reps**

Rest Between Sets: 90 seconds

Total Sets = 4

### **2.) COMPOUND SET = BARBELL MILITARY PRESS**

8-10 reps followed by...

#### **BERSERK SET = SEATED DUMBBELL MILITARY PRESS**

8 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

### **3.) COMPOUND SET = LOW INCLINE EZ-BAR HIGH ROW**

10-12 reps followed by...

#### **BERSERK SET = LOW INCLINE DUMBBELL REVERSE FLY**

10 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

### **4.) COMPOUND SET = BARBELL SHRUG**

8-10 reps followed by...

#### **BERSERK SET = STANDING DUMBBELL SHRUG**

8 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 5

