



SHOULDERS, TRAPS – (DB) BULLS EYE SETS

Warm Up: 2 sets of 20 reps of the 1st exercise

1.) STANDING DUMBBELL MILITARY PRESS

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

2.) HIGH INCLINE DUMBBELL LATERAL RAISE

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

3.) STANDING DUMBBELL STATIC FRONT RAISE

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

4.) BENT-OVER DUMBBELL LATERAL RAISE

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

5.) SEATED ALTERNATE DUMBBELL SHRUG

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

6.) STANDING DUMBBELL SHRUG

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

