



SHOULDERS, TRAPS – (DB) SPARTAN SETS

Warm Up: 2 sets of 15 reps of the 1st exercise

1.) SPARTAN SET = SEATED DUMBBELL MILITARY PRESS

8-10 reps

Rest 30-sec. Followed by...

SEATED DUMBBELL LATERAL RAISE COMBO

8-10 reps (right, left, both = 1 rep)

Rest 30-sec. Followed by...

INCLINE DUMBBELL FRONT RAISE (ALTERNATE)

8-10 reps with each side

Rest 30-sec. Followed by...

INCLINE DUMBBELL REVERSE FLY

8-10 reps

Rest 30-sec. Followed by...

BENT-OVER DUMBBELL HIGH ROW

8-10 reps. This completes 1 set

Rest: 3 minutes

Total Sets = 5

2.) TRIPLE SPARTAN SET = STANDING DUMBBELL SHRUG

8-10 reps

Rest 30-sec. Followed by...

INCLINE SINGLE-ARM DUMBBELL SHRUG

8-10 reps with each side

Rest 30-sec. Followed by...

STANDING SINGLE-ARM DUMBBELL SHRUG

8-10 reps. This completes 1 set

Rest: 3 minutes

Total Sets = 5