



## **SHOULDERS, TRAPS – (FW) INSANE SETS**

**Warm Up:** 2 sets of 15 reps of the 1<sup>st</sup> exercise

### **1.) BARBELL OVERHEAD PRESS**

4-6 reps

Rest: 90-sec.

Total Sets: 4

### **2.) 2-PHASE BARBELL UPRIGHT ROW**

6-8 reps

Rest: 90-sec.

Total Sets: 4

### **3.) INSANE SET = DUMBBELL LATERAL RAISE (PALMS DOWN)**

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

### **4.) HIGH INCLINE DUMBBELL FRONT RAISE**

12-15 reps

Rest: 90-sec.

Total Sets: 3

### **5.) INCLINE DUMBBELL EXTERNAL ROTATION**

12-15 reps

Rest: 90-sec.

Total Sets: 3

### **6.) INSANE SET = INCLINE DUMBBELL REVERSE FLY (PALMS DOWN)**

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

### **7.) SMITH MACHINE SHRUG**

10-12 reps

Rest: 90-sec.

Total Sets: 4

**8.) INSANE SET = SMITH MACHINE SHRUG**

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1