



SHOULDERS, TRAPS – (DB) DESCENDING & TRIPLE SETS

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

1.) DESCENDING SET = SEATED DUMBBELL MILITARY PRESS WITH TWIST

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 5 reps

Rest Between Sets: 90-sec.

2.) DESCENDING SET = ALTERNATE DUMBBELL HAMMER-FRONT RAISE

Set 1: 15 reps each side

Set 2: 12 reps each side

Set 3: 10 reps each side

Set 4: 8 reps each side

Set 5: 5 reps each side

Rest Between Sets: 90-sec.

3.) TRIPLE SET = SEATED DUMBBELL LATERAL RAISE COMBO

5-6 combo reps (Right, left, both = 1 rep). Followed by...

INCLINE ALTERNATE DUMBBELL FRONT RAISE

6-8 reps with each side. Followed by...

BENT-OVER SINGLE-ARM DUMBBELL LATERAL RAISE

8-10 reps with each side

Rest: 2-minutes

Total Sets: 4

4.) DESCENDING SET = STANDING ALTERNATE DUMBBELL SHRUG

Set 1: 15 reps each side

Set 2: 12 reps each side

Set 3: 10 reps each side

Set 4: 8 reps each side

Set 5: 5 reps each side

Rest Between Sets: 90-sec.