



SHOULDERS, TRAPS – (DB) STRENGTH TO VOLUME SETS

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

1.) STRENGTH: SEATED DUMBBELL MILITARY PRESS

6-8 reps

Rest: 90-sec.

Total Sets: 4

2.) VOLUME: DOUBLE-PUMP DUMBBELL LATERAL RAISE

25 reps

Rest: 90-sec.

Total Sets: 3

3.) STRENGTH: BENT-OVER DUMBBELL HIGH ROW

6-8 reps

Rest: 90-sec.

Total Sets: 4

4.) VOLUME: LOW INCLINE DUMBBELL REVERSE FLY (PALMS DOWN)

25 reps

Rest: 90-sec.

Total Sets: 3

5.) STRENGTH: INCLINE DUMBBELL SHRUG

6-8 reps

Rest: 90-sec.

Total Sets: 4

6.) VOLUME: STANDING DUMBBELL SHRUG

25 reps

Rest: 90-sec.

Total Sets: 3

