



SHOULDERS, TRAPS – (G) SUPER SETS

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

1.) SMITH MACHINE MILITARY PRESS

6-8 reps. Followed by...

STANDING DUMBBELL LATERAL RAISE

8-10 reps

Rest: 2-minutes

Total Sets: 3

2.) CABLE MILITARY PRESS

6-8 reps. Followed by...

BENT-OVER SINGLE ARM DB LATERAL RAISE

8-10 reps with each side

Rest: 2-minutes

Total Sets: 3

3.) INCLINE STATIC DB HIGH ROW

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

INCLINE BARBELL FRONT RAISE

8-10 reps

Rest: 2-minutes

Total Sets: 3

4.) SEATED DUMBBELL SHRUG

6-8 reps. Followed by...

INCLINE DUMBBELL SHRUG

8-10 reps

Rest: 2-minutes

Total Sets: 3