



SHOULDERS, TRAPS – (DB) GIANT SETS

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

1.) GIANT SET: SEATED DUMBBELL MILITARY PRESS

6-8 reps. Followed by...

SEATED DUMBBELL LATERAL RAISE

6-8 reps. Followed by...

SEATED DUMBBELL FRONT RAISE

6-8 reps

Rest: 2-minutes

Total Sets: 4

2.) INCLINE DUMBBELL REVERSE FLY

12-15 reps

Rest: 90-sec.

Total Sets: 3

3.) GIANT SET: STANDING DUMBBELL SHRUG

6-8 reps. Followed by...

INCLINE DUMBBELL SHRUG

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

SEATED DUMBBELL DOUBLE-PUMP SHRUG

6-8 reps

Rest: 2-minutes

Total Sets: 3

