



SHOULDERS, TRAPS – VITALITY SETS

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

1.) STANDING DUMBBELL SHOULDER PRESS

8-12 reps

Rest: 90-seconds

Total Sets: 4

2.) BALANCE DUMBBELL LATERAL RAISE

8-12 reps

Rest: 90-seconds

Total Sets: 4

3.) LOW INCLINE DUMBBELL REVERSE FLY (30 DEGREES)

8-12 reps

Rest: 90-seconds

Total Sets: 4

4.) VITALITY SET: DUMBBELL HAMMER FRONT RAISE

50 reps

Total Sets: 1

5.) LOW INCLINE DUMBBELL SHRUG (30 DEGREES)

8-12 reps

Rest: 90-seconds

Total Sets: 4

6.) STANDING DUMBBELL SHRUG

8-12 reps

Rest: 90-seconds

Total Sets: 4

7.) VITALITY SET: DUMBBELL HAMMER CURL

50 reps

Total Sets: 1