



## **SHOULDERS, TRAPS – REST PAUSE SETS**

**Warm Up: 2 sets of 15 reps of the 1<sup>st</sup> exercise**

Rest-Pause Set: Do the recommended reps, put down the weight and rest 15-seconds then rep out until failure.

### **1.) OVERHEAD BARBELL PRESS**

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

### **2.) BARBELL FRONT RAISE**

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

### **3.) FLOOR DUMBBELL LATERAL RAISE**

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

### **4.) FLOOR SINGLE-ARM REVERSE FLY**

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

### **5.) SMITH MACHINE BARBELL SHRUG**

6-8 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

**6.) INCLINE DUMBBELL SHRUG**

8-10 reps

Rest: 90-seconds

Total Sets: 4