



SHOULDERS, TRAPS – SPIT FIRE SETS

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

1.) KNEELING SINGLE-ARM DUMBBELL SHOULDER PRESS

8-12 reps with each side

Rest: 90-seconds

Total Sets: 3

2.) LATERAL RAISE MACHINE

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

3.) SEATED DUMBBELL FRONT RAISE

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

4.) ROPE FACE PULL

8-12 reps

Rest: 90-seconds

Total Sets: 3

5.) LOW INCLINE EZ-BAR HIGH ROW

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

6.) SMITH MACHINE SHRUG

8-12 reps

Rest: 90-seconds

Total Sets: 4

