



## **SHOULDERS, TRAPS – PAUSED SUPER SETS**

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

### **1.) FLOOR SHOULDER PRESS (CLOSE-GRIP)**

Paused Reps: 6-8 reps (pause at the top)

Rest: 90-seconds

Total Sets: 4

### **2.) CABLE FRONT RAISE**

Paused Reps: 6-8 reps (pause at the top)

Rest: 90-seconds

Total Sets: 4

### **3.) DOUBLE-ROPE FACE PULL**

Paused Reps: 6-8 reps (pause during the contraction)

Followed by...

#### **STANDING DUMBBELL LATERAL RAISE**

8-10 reps

Rest: 90-seconds

Total Sets: 4

### **4.) LYING CABLE SHRUG**

Paused Reps: 6-8 reps (pause at the top)

Followed by...

#### **SEATED DUMBBELL SHRUG**

8-10 reps

Rest: 90-seconds

Total Sets: 4

