



SHOULDERS, TRAPS – BERSERK SETS

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

1.) BERSERK SET: MACHINE MILITARY PRESS

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

2.) SINGLE-ARM CABLE LATERAL RAISE

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

3.) BERSERK SET: DUMBBELL FRONT RAISE

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

4.) SINGLE-ARM CABLE REVERSE FLY

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

5.) BERSERK SET: LOW INCLINE (30 DEGREES) DUMBBELL REVERSE FLY

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

6.) BERSERK SET: STANDING DUMBBELL SHRUG

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

7.) INCLINE DUMBBELL SHRUG (30-55 DEGREES)

8-10 reps

Rest: 90-seconds

Total Sets: 4