



SHOULDERS, TRAPS – STRENGTH TO VOLUME SETS

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

1.) STRENGTH: BARBELL OVERHEAD PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

2.) STRENGTH: BARBELL FRONT RAISE

6-8 reps

Rest: 90-seconds

Total Sets: 4

3.) STRENGTH: ALTERNATE DUMBBELL LATERAL RAISE

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

4.) VOLUME: BENT-OVER DUMBBELL REVERSE FLY

15-20 reps

Rest: 90-seconds

Total Sets: 3

5.) VOLUME: LOW INCLINE (30 DEGREES) EZ-BAR HIGH ROW

15-20 reps

Rest: 90-seconds

Total Sets: 3

6.) STRENGTH: BARBELL SHRUG

6-8 reps

Rest: 90-seconds

Total Sets: 4

7.) VOLUME: KNEELING DUMBBELL SHRUG

15-20 reps

Rest: 90-seconds

Total Sets: 3