



SHOULDERS, TRAPS – DOUBLE DROP SETS

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

Double Drop Set: Do the required reps then drop the weight by 30% and do 5 more reps, then drop the weight by 30% again and do 5 more reps.

1.) SEATED MILITARY PRESS MACHINE

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

2.) HIGH INCLINE DUMBBELL LATERAL RAISE (70 DEGREES)

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

3.) ROPE FACE PULL

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

4.) INCLINE DUMBBELL STATIC HIGH ROW (55 DEGREES)

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

5.) STANDING DUMBBELL SHRUG

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

6.) SINGLE-ARM CABLE SHRUG

8-10 reps with each side. Double drop set the last set

Rest: 90-seconds

Total Sets: 4