



## **SHOULDERS, TRAPS – CLUSTER & PAUSED REP SETS**

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

**Cluster Set: Choose a weight you can barely do 10-12 reps with. Then rest 5-seconds and do another 3-4 reps at a time. Repeat the 5-second rest and another 3-4 reps process until you reach a total of 25 reps.**

### **1.) CLUSTER SET: SMITH MACHINE MILITARY PRESS**

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

### **2.) PAUSED REPS: DOUBLE-ROPE FACE PULL**

8-10 reps (pause on the contraction for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

### **3.) CLUSTER SET: LATERAL RAISE MACHINE**

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

### **4.) PAUSED REPS: LOW TO HIGH REVERSE FLY**

8-10 reps (pause at the top for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

### **5.) PAUSED REPS: STANDING DUMBBELL SHRUG**

8-10 reps (pause at the top for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

**6.) CLUSTER SET: SMITH MACHINE SHRUG**

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2