



SHOULDERS, TRAPS – STRONG MAN & MOUNTAIN SETS

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

Mountain Set: Choose a weight you can moderately do 10 reps with. Rest for 10-seconds then do 9 reps, rest for another 10-seconds then do 8 reps. Repeat this process until you get to and complete 5 reps.

1.) STRONG MAN SET: STANDING DUMBBELL SHOULDER PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

2.) MOUNTAIN SET: BALANCED DUMBBELL LATERAL RAISE

10 reps to 5 reps (refer to the description above)

Total Sets: 1

3.) DUMBBELL UPRIGHT ROW

12-15 reps

Rest: 90-seconds

Total Sets: 4

4.) STRONG MAN SET: INCLINE DUMBBELL STATIC HIGH ROW

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

5.) MOUNTAIN SET: LOW INCLINE DUMBBELL REVERSE FLY (PALMS DOWN)

10 reps to 5 reps (refer to the description above)

Total Sets: 1

6.) STRONG MAN SET: STANDING DUMBBELL SHRUG

6-8 reps

Rest: 90-seconds

Total Sets: 4

7.) MOUNTAIN SET: INCLINE DUMBBELL SHRUG

10 reps to 5 reps (refer to the description above)

Total Sets: 1