



SHOULDERS, TRAPS – SUPER DROP SETS

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

Drop Set: Do the recommended reps, then drop the weight by around 30% and rep out till failure.

1.) ALTERNATE CABLE MILITARY PRESS

10-12 reps with each side

Rest: 90-seconds

Total Sets: 3

2.) SINGLE-ARM CABLE LATERAL RAISE

10-12 reps with each side

Rest: 90-seconds

Total Sets: 3

3.) STANDING DUMBBEL FRONT RAISE

10-12 reps. Followed by...

INCLINE DUMBBELL REVERSE FLY

10-12 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

4.) ROPE FACE PULL

10-12 reps. Followed by...

KNEELING DUMBBELL SHRUG

10-12 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3