



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

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

**1.) BERSERK SET: SEATED MILITARY PRESS MACHINE**

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

**2.) BERSERK SET: STANDING DUMBBELL LATERAL RAISE**

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

**3.) PAUSED REP SET: DOUBLE-ROPE FACE PULL**

8-10 reps (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 3

**4.) BERSERK SET: DUMBBELL FRONT RAISE**

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

**5.) PAUSED REP SET: LOW TO HIGH CABLE REVERSE FLY**

8-10 reps (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 3

**6.) PAUSED REP SET: LYING CABLE SHRUG**

8-10 reps (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 3