



SHOULDERS, TRAPS – PREDATOR SETS

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

1.) SINGLE-ARM LANDMINE PRESS

8-10 reps with each side

Rest: 90-seconds

Total Sets: 3

2.) PREDATOR SET: SINGLE-ARM CABLE LATERAL RAISE

6 slow reps, followed by 6 fast reps with each side

Rest: 90-seconds

Total Sets: 3

3.) FLOOR SINGLE-ARM CABLE REVERSE FLY

8-10 reps with each side

Rest: 90-seconds

Total Sets: 3

4.) PREDATOR SET: EZ-BAR UNDERHAND FRONT RAISE

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

5.) PREDATOR SET: LOW INCLINE (30 DEGREES) DUMBBELL HIGH ROW

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

6.) SINGLE-ARM BARBELL SHRUG

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4