



## **SHOULDERS, TRAPS – STRENGTH TO VOLUME SETS**

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

### **1.) STRENGTH SET: SINGLE-ARM LANDMINE PRESS**

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

### **2.) STRENGTH SET: HIGH INCLINE DUMBBELL LATERAL RAISE**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **3.) STRENGTH SET: ALTERNATE DUMBBELL FRONT RAISE**

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

### **4.) VOLUME SET: ROPE FACE PULL**

15-20 reps

Rest: 90-seconds

Total Sets: 3

### **5.) VOLUME SET: LOW INCLINE EZ-BAR HIGH ROW**

15-20 reps

Rest: 90-seconds

Total Sets: 3

### **6.) STRENGTH SET: BARBELL SHRUG**

6-8 reps

Rest: 90-seconds

Total Sets: 4

**7.) VOLUME SET: SINGLE-ARM CABLE SHRUG**

15-20 reps with each side

Rest: 90-seconds

Total Sets: 3