



SHOULDERS, TRAPS – DESCENDING & INSANE SETS

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

Insane Set: 60-seconds of reps (rest 10-seconds), 40-seconds of reps (rest 10-seconds), 20-seconds of reps.

1.) DESCENDING SET: SEATED ALTERNATE DUMBBELL SHOULDER PRESS

15 reps each side

Rest: 90-seconds

12 reps each side

Rest: 90-seconds

10 reps each side

Rest: 90-seconds

8 reps each side

Rest: 90-seconds

2.) DESCENDING SET: BARBELL UPRIGHT ROW

15 reps

Rest: 90-seconds

12 reps

Rest: 90-seconds

10 reps

Rest: 90-seconds

8 reps

Rest: 90-seconds

3.) DESCENDING SET: MACHINE REVERSE FLY

15 reps

Rest: 90-seconds

12 reps

Rest: 90-seconds

10 reps

Rest: 90-seconds

8 reps

Rest: 90-seconds

4.) DESCENDING SET: ALTERNATE DUMBBELL LATERAL RAISE

15 reps with each side

Rest: 90-seconds

12 reps with each side

Rest: 90-seconds

10 reps with each side

Rest: 90-seconds

8 reps with each side

Rest: 90-seconds

5.) INSANE SET: ROPE FACE PULL

1 set

6.) DESCENDING SET: LOW INCLINE DUMBBELL SHRUG

15 reps

Rest: 90-seconds

12 reps

Rest: 90-seconds

10 reps

Rest: 90-seconds

8 reps

Rest: 90-seconds