



SHOULDERS, TRAPS – DROP & REST-PAUSE SETS

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

Drop Set: Do the recommended reps for the set, then drop the weight 30% and rep out until failure.

Rest-Pause Set: A rest-pause set consists of completing the reps indicated in the workout of your working weight. Once you have completed the set, take a 10-15 second rest and complete further reps with the same weight until failure.

1.) DROP SET: KNEELING SINGLE-ARM DUMBBELL SHOULDER PRESS

8-10 reps with each side. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

2.) REST-PAUSE SET: SMITH MACHINE STANDING SHOULDER PRESS

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

3.) DROP SET: SEATED BALANCED DUMBBELL LATERAL RAISE

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

4.) REST-PAUSE SET: FLOOR SINGLE-ARM CABLE REVERSE FLY

8-10 reps with each side. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

5.) DROP SET: SMITH MACHINE SHRUG

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

6.) REST-PAUSE SET: SINGLE-ARM LANDMINE SHRUG

8-10 reps with each side. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3