



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

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

**Giant Set:** Do all 3 exercises back to back, then rest after.

**Paused Rep Set:** Pause for 2-3 seconds on a specific part of the movement.

### **1.) GIANT SET: STANDING DUMBBELL FRONT RAISE (AGAINST BENCH)**

10-12 reps. Followed by...

#### **SEATED DUMBBELL LATERAL RAISE**

10-12 reps. Followed by...

#### **SEATED DUMBBELL SHOULDER PRESS**

6-8 reps

Rest: 2-minutes

Total Sets: 3

### **2.) PAUSED REPS: DOUBLE-ROPE FACE PULL**

10-12 reps (pause on the contraction)

Rest: 90-seconds

Total Sets: 3

### **3.) GIANT SET: BARBELL UPRIGHT ROW**

10-12 reps. Followed by...

#### **STANDING DUMBBELL SHRUG**

8-10 reps. Followed by...

#### **BENT-OVER DUMBBELL LATERAL RAISE (PALMS DOWN)**

10-12 reps.

Rest: 2-minutes

Total Sets: 3