



SHOULDERS, TRAPS – BERSERK SETS

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

Berserk Set: Do 8 reps with both sides, followed by 5 reps alternating sides.

1.) BERSERK SET: HAMMER STRENGTH SHOULDER PRESS

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

2.) BENT-OVER DUMBBELL LATERAL RAISE (PALMS DOWN)

12-15 reps

Rest: 90-seconds

Total Sets: 3

3.) BERSERK SET: STANDING DUMBBELL LATERAL RAISE

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

4.) LOW INCLINE EZ-BAR HIGH ROW

8-10 reps

Rest: 90-seconds

Total Sets: 3

5.) BERSERK SET: STANDING DUMBBELL-HAMMER FRONT RAISE

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

6.) BERSERK SET: STANDING DUMBBELL SHRUG

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

7.) SINGLE-ARM BARBELL SHRUG

8-10 reps with each side

Rest: 90-seconds

Total Sets: 3