



## **SHOULDERS, TRAPS – CLUSTER & DROP SETS**

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

**Cluster Set:** Do 12 reps, then rest 5-seconds and repeat 3-5 more reps. Repeat 5-seconds of rest followed by 3-5 more reps until you reach a total of 25 total reps.

**Drop Set:** Do the recommended amount of reps then drop the weight by 30% and immediately rep out until failure.

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

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

Rest: 90-seconds

Total Sets: 3

### **2.) CLUSTER SET: LATERAL RAISE MACHINE**

25 total reps

Rest: 3-minutes

Total Sets: 2

### **3.) DROP SET: BENT-OVER DUMBBELL HIGH ROW**

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

### **4.) CLUSTER SET: REVERSE FLY MACHINE**

25 total reps

Rest: 3-minutes

Total Sets: 2

### **5.) DROP SET: KNEELING DUMBBELL SHRUG**

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

**6.) CLUSTER SET: SMITH MACHINE SHRUG**

25 total reps

Rest: 3-minutes

Total Sets: 2