



## **SHOULDERS, TRAPS – DESCENDING & VITALITY SETS**

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

**Descending Set:** Increase the weight as the reps decrease with every set.

**Vitality Set:** Use a light weight for 1 set of 50 reps.

### **1.) DESCENDING SET: SEATED TWISTING DUMBBELL SHOULDER PRESS**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

### **2.) DESCENDING SET: STATIC DUMBBELL FRONT RAISE**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

### **3.) DESCENDING SET: STANDING DUMBBELL LATERAL RAISE**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

### **4.) VITALITY SET: LOW INCLINE DUMBBELL LATERAL RAISE (PALMS DOWN)**

1 Set: 50 reps

### **5.) DESCENDING SET: LOW INCLINE DUMBBELL SHRUG**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

**6.) DESCENDING SET: STANDING DUMBBELL SHRUG**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds