



SHOULDERS, TRAPS – PRE EXHAUST SETS

Warm Up: 5-10 min incline treadmill + 2 light warm-up sets of lateral raises & overhead press

1.) Seated Dumbbell Lateral Raise

Tip: Slow tempo, 2-sec hold at top
15-20 reps. Followed immediately by...

Seated Dumbbell Shoulder Press

Tip: Stay upright, avoid arching, control the negative
8-10 reps
Rest: 2-min

Total sets: 3

2.) Reverse Pec Deck Fly

Tip: Wide arc, squeeze rear delts
12-15 reps with each side. Followed immediately by...

Barbell Overhead Press

Tip: Strict form, slow lowering
6-8 reps
Rest: 2-min

Total sets: 3

3.) Barbell Upright Row (Wide-Grip)

Tip: Big stretch, controlled negative
12-15 reps. Followed immediately by...

Dumbbell Shrugs (3-sec hold at top)

Tip: Focus on peak contraction, full ROM
10-12 reps

Rest: 2-min

Total sets: 3

4.) Dumbbell Front Raise (Alternate)

10 reps with each side. Followed immediately by...

Cable Lateral Raise (Single-Arm)

10 reps with each side. Followed immediately by...

Incline Dumbbell Reverse Fly

15-20 reps

Total sets: 2

Coach's Corner — Shoulders, Traps Edition

🔥 Today was about torching the delts and traps with precision — no ego, just smart fatigue.

👉 Pre-exhausting medial and rear delts *before* presses ensures those often-overlooked muscles carry more of the load.

👉 Your traps weren't just shrugged up — they were squeezed under tension with strict form.

👉 Core stability tied it all together — giving your shoulders the solid base they need to stay healthy under load.

You just trained like a pro — intentionally, intensely, and with purpose. Keep stacking wins like this.