



Shoulders, Traps – Mechanical Drop Sets

Built for high tension, max pump, and pushing through failure with smart variation shifts.

Warm Up: 5-7 min light cardio + 2 light sets of lateral raises

1) Seated Dumbbell Lateral Raise

10-12 reps. Followed immediately by...

Standing Dumbbell Lateral Raise

10-12 reps. Followed immediately by...

Band Lateral Raise

10-12 reps

Rest: 75-90 sec

Total sets: 3

2) Seated Dumbbell Shoulder Press

6-8 reps. Followed immediately by...

Standing Dumbbell Shoulder Press

6-8 reps. Followed immediately by...

Standing Barbell Overhead Press

6-8 reps

Rest: 90 sec

Total sets: 3

3) Reverse Fly Machine

12 reps. Followed immediately by...

Band Pull Apart

12 reps. Followed immediately by...

Dumbbell Upright Row

12 reps

Rest: 60-75 sec

Total sets: 3

4) Seated Dumbbell Shrug

10-12 reps. Followed immediately by...

Standing Dumbbell Shrug

10-12 reps

Rest: 60-sec

Total sets: 2

Coach's Corner — Shoulders, Traps Edition

🔥 Today wasn't about max weight — it was about making those delts and traps do the work no matter how tired they got.

👉 Your medial delts took the lead with smart pre-fatigue before pressing.

👉 Your overhead variations forced the delts to work at every stage of fatigue.

👉 Traps finished with deep holds and burn-out volume.

That's how you build width, thickness, and stability — no wasted reps, no wasted sets.

