



Day 3: Shoulders, Traps & Core — Volume Wave Training

Focus: Build 3D shoulders, thick upper traps, and a strong, functional core. This blend of cables and free weights creates tension from all angles while reinforcing posture and stability.

Warm-Up (5–7 min):

- Arm circles + band dislocates x 20
- Band face pulls x 15
- Light lateral raises x 15
- 1 warm-up set: cable shoulder press + DB shrugs

Wave Set 1: Cable Overhead Press (Bilateral)

- Set 1: 10–12 reps
- Set 2: 8–10 reps
- Set 3: 15 reps (lighter weight, full control)
- Use dual cable handles. Step slightly forward to align pressing path and keep tension constant.
- Rest 75–90 seconds

Wave Set 2: Lateral Delt Superset

- A1. Cable Lateral Raise (in front of the body, single-arm) — 3 sets: 12, 10, 15 reps
- A2. Dumbbell Lateral Raise (strict form) — 3 sets: 12–15 reps
- Minimal rest between exercises. Rest 60–75 sec between rounds.
- Raising the cable in front of your body keeps the shoulder joint in a safer path and delivers a stronger stretch.

Wave Set 3: Rear Delt Static Row

- Rear Delt DB Static Row — 3 sets: 10–12, 8–10, 15+ reps
- Rest 60–75 seconds
- Hold one dumbbell at the top of the row (static contraction) while the other arm performs reps.

- Alternate sides each set. Elbows flared. Row slightly out — not straight back.

Wave Set 4: Trap Burnout Superset

- B1. Barbell Upright Row (wide grip) — 3 sets: 12, 10, 15 reps
- B2. Dumbbell Shrugs (3-second hold at the top) — 3 sets: 15 reps
- Minimal rest between exercises. Rest 60–90 sec between rounds.

Core Finisher — 2–3 Rounds (30 sec rest):

- Renegade Row — 10 reps per side
- Plank Hold — 30–45 seconds
- Standing Cable Chop — 10 reps per side
- This trio builds shoulder-friendly core strength by training stability, anti-rotation, and controlled power transfer through the trunk.

Coach's Corner

This workout is about precision tension — not just effort. You isolated and overloaded the shoulders with cables and dumbbells, finished your traps with intent, and carved out core control with movement that actually transfers to your lifts. Form tight. Volume smart. Results earned.