

Day 37: Shoulders, Triceps, Traps

SEATED BARBELL SHOULDER PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



Seated barbell shoulder press

2 sets, 10 reps (rest 1 min.)



Seated barbell shoulder press

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

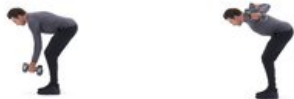
2 sets, 8-12 reps (rest 2 min.)



Dumbbell Lateral Raise

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Rear Delt Fly

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Reverse Pec-Deck

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Standing dumbbell shrug

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Cable V-bar push-down

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



EZ-bar skullcrusher-

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)

SINGLE-ARM CABLE TRICEPS EXTENSION

Perform all of the reps on one side before switching to the other side. Don't rest between sides and rest 2 min. between sets.



Single-arm cable triceps extension

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

3 sets, 8-12 reps (left side, no rest)



Single-arm cable triceps extension

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

3 sets, 8-12 reps (right side, rest 2 min.)



Stationary bike

1 set, 15 min. Alternate 3 min. of easy peddling with 1 min. of harder peddling, or perform other cardio of your choice.

1 set, 15 mins