

Home > Training > Find A Plan > Big Man on Campus > **Week 1**

BIG MAN ON CAMPUS

DAY 5: DELTS, TRAPS AND CALVES

Powered By

US

FIND A PLAN

- FREAKMODE
- PH3
- DUEL
- PEAK WEEK
- 30 DAY BEGINNER
- KRIS GETHIN 12 WEEK
- LIVEFIT
- SHORTCUT-TO-SIZE
- SHORTCUT-TO-SHRED
- JAY CUTLER
- LEAN BODY TRAINER
- ARNOLD'S BLUEPRINT
- BIG MAN ON CAMPUS
- Listen to the Iron
- Nutrition 101

Big Man On Campus Week 1, Day 5

By [Contributing Writer](#)
Last updated: Dec 04, 2015

1.4K
SHARES

Day 5's lesson is all about building big traps and shoulder caps. Steve Cook will teach you the best way to get big.

Quick Navigation

Jump To A Page

[back](#) | [Main](#) | [Next](#)

Listen up, Big Man: In your busy schedule of classes, work and chasing girls, you need to make time to train your shoulders. No physique is complete without big shoulders and defined traps.

Sure, you trained yesterday, but your shoulders don't care if your legs are sore. That's why we're going to hit your delts heavy and hard. Let's grow.

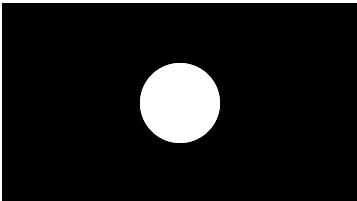
BIG MAN ON CAMPUS SHOULDER TRAINING
WATCH THE VIDEO - 11:40

COMMUNITY ACTIVITY

[View /](#)

- Supplements 101
- Goal Setting 101
- Time Management 101
- Lifestyle 101
- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6
- Week 7
- Week 8
- Week 9
- Week 10
- Week 11
- Week 12

- DTP TRAINER
- GET SWOLE
- KRIS GETHIN MUSCLE BUILDING
- Y3T TRAINER
- MFT28
- PROJECT MASS
- REWIRED
- ELITE BODY TRAINER
- BIZZY DIET TRAINER
- BLOOD AND GUTS TRAINER
- BUILT BY SCIENCE
- 30 DAYS OUT
- 7 DAY BEGINNER TRAINER
- POWER BODYBUILDING
- ARNOLD'S BLUEPRINT TO CUT
- AMP
- 365 CIRCUIT TRAINER
- CHISELED
- SQUAT EVERY DAY
- CLUTCH CUT



Day 5: Delts, Traps and Calves

1

Cardio warm-up
5 minutes



2

Dumbbell Shoulder Press
3 sets of 12-16 reps, 60-90 seconds rest, Drop set on last set



3

Side Lateral Raise
3 sets of 10-12 reps, 30-60 seconds rest Triple drop set on last set



4

Reverse Machine Flyes

CREATE A FREE ACCOUNT

PROVEN TO HELP YOU REACH YOUR GOALS FASTER THAN EVER.

SIGN UP

HELLRAISER TRAINING**BILL PHILLIPS BACK TO FIT****JNLS ON THE GO TRAINER****NFL COMBINE TRAINER****JAMIE EASON POST-PREGNANCY****TRUE MUSCLE****CLUTCH LIFE****12-WEEK DAILY BULKING TRAINER**

5 sets of 10-14 reps, 30 seconds rest



superset

5

Standing Front Barbell Raise Over Head

3 sets of 10-14 reps

**Upright Barbell Row**

3 sets of 10-14 reps, 60 seconds rest between supersets



6

Barbell Shrug

1 Warm-up set of 8-12 reps, 4 sets of 8-12 reps, 60 seconds rest



7

Standing Calf Raises

4 sets of 10 reps, 30-60 seconds rest



8

Donkey Calf Raises

4 sets of 10 reps, 30-60 seconds rest

Drop set on every set



9

Seated Calf Raise

4 sets of 15 reps, 30-60 seconds rest



NOTE: Important to use strict form. Achieve a full stretch at the bottom and hold at peak contraction.



Bigger Man Tips

MENTAL STRENGTH

To get ready for this intense shoulder workout, close your eyes and see yourself absolutely crushing the lifts. This workout is demanding, but the more you do to prepare and motivate yourself, the better off you'll be.

There's a strong connection between visualization and great results.

CLASS NOTES

Shoulder and trap training is great for using many different techniques, but I always make sure to use progression. Every week, add more weight, don't rest as much, or do more reps than you did the week before. Every week, break records.

We'll be doing compound and isolation movements. When doing multi-joint movements, plan on taking 60-to-90 seconds rest; for isolation movements, shorten your rest to 30-to-60 seconds.

I work shoulders and traps together because they work very closely. Any time your hands go above your shoulders, your traps come into play.

For some of these exercises, you'll be doing fewer reps the heavier you go. Your form needs to be on point for every lift. Don't allow the heavy weight to move you the wrong way. You're in charge of your body.

Exercise Tips

DUMBBELL PRESS

Every set, you're going to increase the weight and drop the number of reps. Challenge yourself. Stay within the prescribed rep range, but make sure you're hitting failure every time. On the drop set, try to get the same number of reps you did on the set before.



Stay within the prescribed rep range, but make sure you're hitting failure every time.

LATERAL RAISES

I call this triple-drop set 'running the rack.' It's a great way to completely burn out your shoulders. On that last rep, hold the weight for as long as you can. You might hate me when you're doing it, but by the end of these 12 weeks, you'll thank me.

REVERSE PEC DECK FLYE

This movement is going to hit your rear delts. I never let the machine go back to its resting point. I keep tension on my rear delt muscles the entire time for maximum stress and growth.

FRONT RAISE AND UPRIGHT ROW

For the front raise, keep your palms facing up. It's the best way to activate the muscle fibers and tie in those anterior delt and pec insertions for nice separation. The cuts are going to come!



Use a wider grip for the upright row. It might seem wider than you're used to, but I think this way is much more efficient. Close-grip upright rows can involve too much forearm. By utilizing a wider grip, you'll more effectively target your shoulders and traps.

BARBELL SHRUGS

You don't need a ton of weight to increase your trap size. Concentrate on good form and squeeze each rep at the top. Instead of knocking these out as fast as possible, lift the weight under control with perfect form.

I only use [straps](#) on my last set when the weight is too heavy for me to hold.



Concentrate on good form and squeeze each rep at the top.



Big Man On Campus Beginner Stack

Your Get-Big Foundation! Build more muscle with these building blocks!

GO NOW!

[back](#) | [Main](#) | [Next](#)

RECOMMENDED FOR YOU

[View All Training Articles](#)

ABOUT THE AUTHOR



Contributing Writer

Bodybuilding.com's authors include many of the top coaches, nutritionists, and physique athletes in the world today.

[View All Articles By This Author](#)

201

1.2K

RATE THIS ARTICLE

POOR

EXCELLENT

Out of 10
Ratings



We were unable to retrieve comments. Refreshing the page may fix this issue.

CORE VALUE #1: ALWAYS BE TRUTHFUL AND HONEST IN EVERY ASPECT OF BUSINESS.

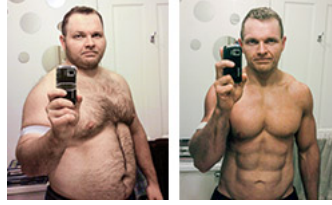
NEED HELP?

Email Support
Live Chat
Gift Certificates
Payment Methods

ORDERS & SHIPPING

Order History
Returns/Exchanges
US Shipping
International Shipping

REAL PEOPLE. REAL RESULTS.



Spencer was an active guy until stress and physical complacency got the better of him. He committed to change, made a plan, and lost 100 pounds in one year! [Read more](#)

JOIN OUR NEWSLETTER

Be the first to receive exciting news, features, and special offers from Bodybuilding.com!

CONNECT WITH US

HOW CAN WE BE BETTER?

SHOP WITH CONFIDENCE

WE ARE BODYBUILDING.COM

YOUR TRANSFORMATION IS OUR PASSION. WE ARE YOUR PERSONAL TRAINER, YOUR NUTRITIONIST,
YOUR SUPPLEMENT EXPERT, YOUR LIFTING PARTNER, YOUR SUPPORT GROUP. WE PROVIDE THE TECHNOLOGY, TOOLS, AND
PRODUCTS YOU NEED TO BURN FAT, BUILD MUSCLE, AND BECOME YOUR BEST SELF.

[Careers](#)[Terms of Use](#)[About Us](#)[Site Map](#)[Advertise With Us](#)[Affiliates](#)

© 2015 Bodybuilding.com, LLC. All rights reserved. Bodybuilding.com[™] and BodySpace[®] are trademarks of Bodybuilding.com, LLC.

© Bodybuilding.com, 5777 N. Meeker Ave. Boise ID 83713 USA - 1-866-236-8417