

Traps Routine

Exercise	Sets	Reps
Barbell or Smith Machine Shrug	4	10,12,12,15
Dumbbell Shrug	3	10,12,15
Incline Barbell Front Raise*	3	12,12,12

* Lie with your chest against the pad of an incline bench, so your head pops over the top of the pad. Hold a Barbell with a shoulder width grip, letting your arms hang straight down towards the floor. Raise the bar in an arc in front of you to shoulder level.