



BODY SPARTAN

Change your physique...And your life!

T-REKS' TRAP WORKOUT

BARBELL SHRUGS

Set	Drop Set	Reps	Weight	Rest period between sets
Warm up	No	20		1 minute
1	No	15		1 minute
2	No	15		1 minute
3	No	12		1 minute
4	Yes	12		None
	Yes	12		None
	Yes	12		None





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WIDE GRIP UPRIGHT ROWS SUPER SET WITH WIDE GRIP CABLE ROWS

Set	Super Set	Reps	Weight	Rest
1	Yes: Upright rows	20		None
	Yes: Wide grip cable rows	20		1 minute
2	Yes: Upright rows	18		None
	Yes: Wide grip cable rows	18		1 minute
3	Yes: Upright rows	15		None
	Yes: Wide grip cable rows	15		1 minute
4	Yes: Upright rows	15		None





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BARBELL SHRUGS

Set	Drop Set	Reps	Weight	Rest period between sets
1	No	15		1 minute
2	No	15		1 minute
3	No	15		1 minute
4	Yes	12		None
	Yes	12		None
	Yes	15		None
	Yes	15		None

