

## Traps & Shoulders Specialization

*By Anton Luis C. Sevilla*

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\*\* Format: *Sets x Reps x Weight*

### PHASE 1 (2-3 weeks)

[Monday]

1 x 1 x 100%	Power Snatch: Work up to a max single.
3 x 3 x 80-85%	Power Snatch: Use percentage of current max.
5 x 6-8	Overhead Shrugs
2 x 15-20	1 Arm DB Shrugs

[Thursday]

1 x 1 x 100%	Overhead Press: Work up to a max single
3 x 3 x 80-85%	Overhead Press: Use the 100% you got in the ME.
5 x 5	Lying Chins
<superset> 5 x 5	1 Arm DB Swings
2 x 15-20	Bent-Over Flyes
<superset> 2 x 15-20	Alt DB Front Raises
2 x 15-20	Cuban Rotation

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## PHASE 2 (2-3 weeks)

[Monday]

- 1 x 1 x 100%      Power Clean: Work up to a max single.
- 3 x 3 x 80-85%      Power Clean: Use percentage of current max.
- 5 x 10      Overhead Shrugs: First two sets should be easy. 30s rest periods.
- 5 x 10      1 Arm DB Shrugs: No rest. Sub-dominant hand first.

[Thursday]

- 1 x 1 x 100%      Side Press: Max out your sub-dominant hand. Repeat weight with stronger arm.
- 3 x 3 x 80-85%      Side Press: Always start with Sub-dominant hand. Use percentage of current max.
- 10 x 10  
<superset>  
10 x 10      Lying Chins: German Volume Training  
1 Arm DB Swings: German Volume Training
- 2 x 15-20  
<superset>  
2 x 15-20      Lying DB Ext. Rot.  
Lying One-Arm Flyes