

## ROBUST.FIT DAILY

### SHOULDER, TRAPS & NECK

- |   |        |           |   |
|---|--------|-----------|---|
| 1. Seated Smith Machine   | 5 sets | 8 reps    | ▶ |
| 2. Landmine Rear Delt Rows  | 5 sets | 12 reps   | ▶ |
| 3. Heavy DB Lateral Raises<br><i>(Use momentum to bring up the weights but control on the way down)</i> | 4 sets | 8-10 reps | ▶ |
| 4. Heavy DB Front Raises<br><i>(Use momentum to bring up the weights but control on the way down)</i>   | 4 sets | 8-10 reps | ▶ |
| 5. DB Shrugs<br><i>(Hold the weights for 10 sec after finishing 25 reps)</i>                            | 5 sets | 25 reps   | ▶ |
| 6. Incline Bench DB Shrugs<br><i>(Hold the weights for 10 sec after finishing 25 reps)</i>              | 5 sets | 25 reps   | ▶ |
| 7. Superset   | 4 sets |           |   |
| DB Neck Crunches  |        | 10 reps   | ▶ |
| DB Neck Reverse Crunches  |        | 10 reps   | ▶ |