



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



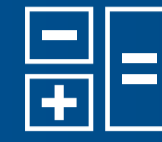
Diet Plans



Expert Guides



Videos



Tools

BIG TRAPS: 2 DAY TRAPEZIUS BUILDING WORKOUT

This 2 day per week specialization workout is designed to target lagging traps using unique and demanding exercise variations. A sample 4 day muscle building split is provided.

Link to Workout: <https://www.muscleanstrength.com/workouts/big-traps-2-day-trapezius-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 2 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Dumbbells

Author: Steve Shaw

Workout #1: Perform on Deadlift Day

Exercise	Sets	Reps
High Rack Pull & Power Shrug Combo	3	6 - 10
Power Cleans	5	3
Peak Contraction Dumbbell Shrugs	3	15
Overhead Barbell Shoulder Shrug	1	30 - 50

Perform Workouts 1 & 2 on non-consecutive days of the week. i.e. Monday & Thursday; Tuesday & Friday; etc.

Workout #2: Perform on Shoulder Day

Exercise	Sets	Reps
Upright Rows	3	10 - 12
Dumbbell Shrugs	4	AMAP 60 Secs
Static Barbell Hold	3	60 Secs
Overhead Barbell Shoulder Shrug	1	30 - 50

