



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



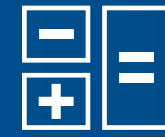
Diet Plans



Expert Guides



Videos



Tools

## MONSTER TRAPS WORKOUT

Massive traps can transform an ordinary bodybuilder into an extraordinary bodybuilder. Build big, beefy, beastly trap muscles now!

Link to Workout: <https://www.muscleandstrength.com/workouts/monster-traps-workout.html>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 5-15 Mins

**Equipment:** Barbell, Dumbbells

**Author:** Steve Shaw

## Monster Traps Workout

Exercise	Sets	Reps
Power <a href="#">Barbell Shrugs</a> (Explosive)	2	40
<a href="#">Dumbbell Shrug</a> & Hold	2	10