

Shoulders & Traps Workout	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps
Seated Rubber Band Shoulder Press				
Front Rubber Band Arm Raise				
Lateral Rubber Band Arm Raise				
Bent Over Lateral Rubber band Raise				
Rubber band Upright Row				
Rubber band Shrugs				

O - Orange = 5-15 lbs

R - Red = 20-35 lbs

B - Black = 30-50 lbs

P - Purple = 40-80 lbs

G - Green = 50-120 lbs