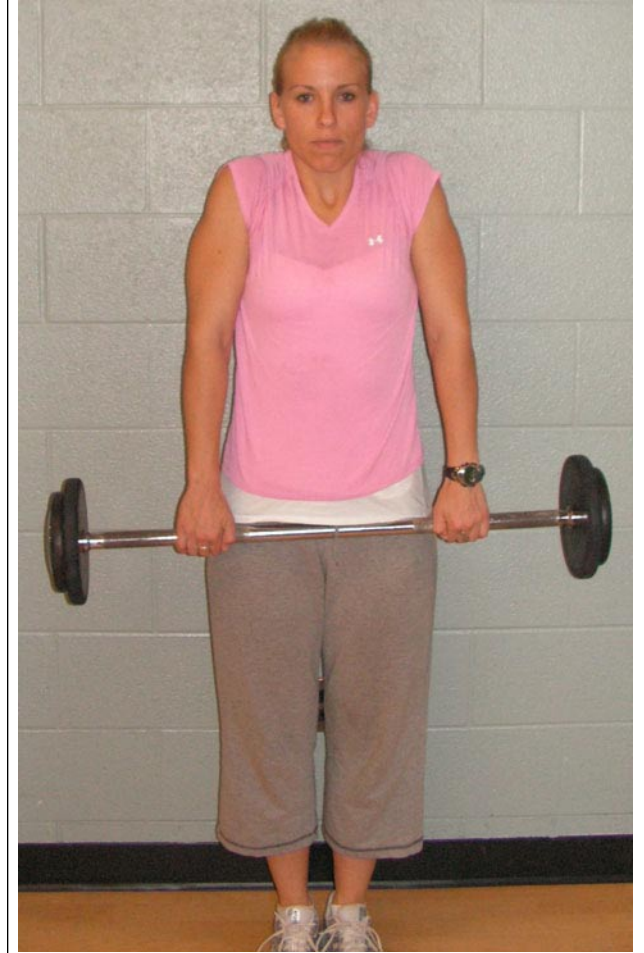


Exercises for the Traps (Trapezius)

Shoulder Shrugs

Major Muscle Group: Trapezius

Grasp the bar with shoulder-width or slightly wider overhand grip. Stand straight. Elevate shoulders as high as possible. Lower and repeat.



Lower Pulley Row to Neck

Major Muscle Group: Trapezius

Other Muscles Worked: Biceps, Middle back, Shoulders

Sit at a seated row station and grab the ends of the rope using a palm-down grip. Sit with your knees slightly bent and your back straight. Do not lean back — your back should be almost completely vertical. Pull the rope back and up to neck height. Your elbows should be out, away from your sides. Return slowly to the starting position.

**Dumbbell Incline Shoulder Raise**

Major Muscle Group: Trapezius

Sit down on an incline bench with the dumbbells resting on your lower thigh. Kick the weights to your shoulders and lean back. Position the dumbbells above your shoulders with your elbows extended. Raise your shoulders toward the dumbbells as high as possible. Lower shoulders to bench and repeat.



Upright Row

Major Muscle Group: Trapezius

Other Muscle Worked: Biceps, Shoulders

Standing upright, grasp a barbell with your hands about shoulder-width apart. Let the bar hang straight down in front of you. Keep your body and wrists straight. Pull the bar straight up toward your chin, keeping it close to your body. Lower slowly to the starting position. Keep your back straight, making sure not to swing.

