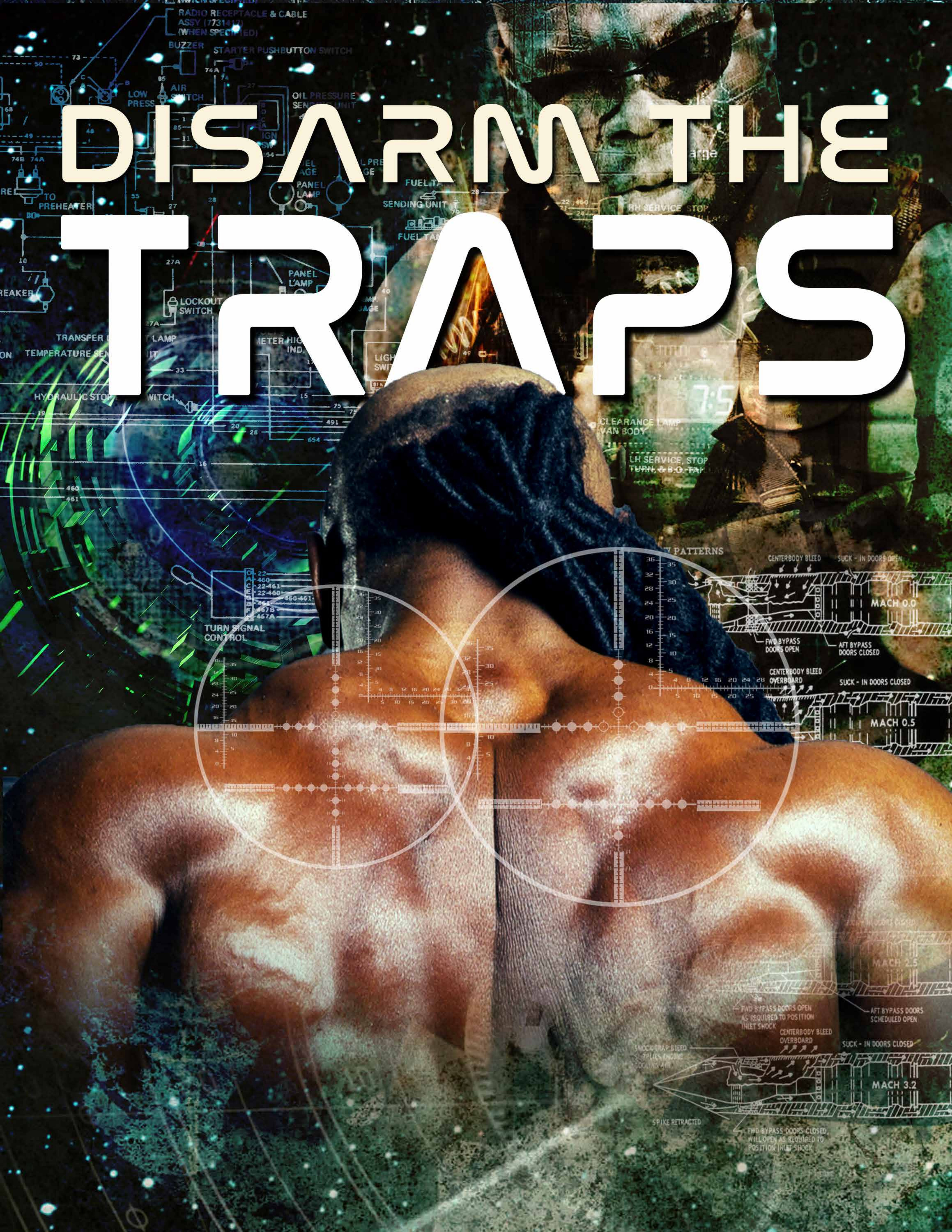


DISARM THE TRAPS



RADIO RECEPTACLE & CABLE
ASSY (7731417)
BASELINE

DEFUSION TACTICS

▀ DUMBBELL SHOULDER SHRUG ▸

EXERCISE GUIDE:

1. Stand up straight and grip a dumbbell with each hand. Hold the dumbbells with your palms facing towards you in a neutral grip. This will be your starting position.
2. Exhale as you lift your shoulders up to raise the weight. Hold at the top of the motion for 1 to 2 seconds.
3. Inhale and lower the weight to the starting position in a controlled manner.
4. Repeat for the desired amount of sets and reps.



DEFUSION TACTICS

BARBELL SHOULDER SHRUG

EXERCISE GUIDE:

1. Stand up straight and grip a barbell with either an over hand or over-hand-underhand grip. This will be your starting position.
2. Exhale as you lift your shoulders up to raise the weight. Hold at the top of the motion for 1 to 2 seconds.
3. Inhale and lower the weight to the starting position in a controlled manner.
4. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

1. Using too much weight. The traps have a short range of motion and thus, we need to perform a full range of motion. You'll often see people load up the barbell for shrugs, only to shudder and do short bursts of movements. Lower the weight so you can perform a complete rep of shrugs for optimal growth.
2. Lifting with your arms. It is natural to use everything at your disposal to get the job done. Some people may bend their arms and sway to move their chosen weight. This will remove tension from your traps and make the move much more inefficient. Cut the right wires and tilt the correct wing at the appropriate time if you want to avoid this common trap.

DEFUSION TACTICS

ANGLED CABLE UPRIGHT ROW

EXERCISE GUIDE:

1. Attach a straight bar to a lower cable pulley. Grip the bar with a wide grip and stand up straight. Take several steps back until the cable is at about a 45-degree angle with the ground. This will be your starting position.
2. Exhale as you pull your elbows up and back on a straight line.
3. Pull the bar up until your upper arms are at 90 degrees with your forearms. Hold this position for 1 to 2 seconds.
4. Exhale as you lower the weight back to the starting position.
5. Repeat for the desired amounts of sets and reps.

COMMON MISTAKES:

1. Bending the wrists. Your sights are set on the peril ahead but remember that you are still in dangerous space. The main goal is to move the weight and activate the upper traps. To achieve optimal progress, your entire upper arm must move in concert. Your wrists should be straight, and your hands, wrists, and forearms should lie on the same line as the cable. Be aware of your surroundings and you will survive this journey.

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DEFUSION TACTICS

ANGLED CABLE UPRIGHT ROW



DEFUSION TACTICS

SEATED STRAIGHT ARM CABLE ROW

EXERCISE GUIDE:

1. Attach a straight or neutral grip bar to a low pulley. Sit in front of the cable and grip the bar with your arms straight. This will be your starting position.
2. Pull the weight until your upper body is perpendicular the ground. Your arms should remain straight.
3. Exhale and retract your scapula as much as possible while keeping your arms straight.
4. Hold this position for 1 to 2 seconds before returning to the starting position.
5. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

1. Bending your arms. You've done this motion countless times. As you set up on the low cable row, you may let muscle memory take over. However, our goal is to focus on the middle and lower traps, not the entire back. Keep your wits about you to avoid bending your arms and taking tension away from your traps.

RADIO RECEPTACLE & CABLE
ASSY (7731417)
ORIGINAL PRODUCT

DEFUSION TACTICS

SEATED STRAIGHT ARM CABLE ROW



DISARM THE
TRAPS

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DEFUSION TACTICS

SHORT RANGE LAT PULL-DOWN

EXERCISE GUIDE:

1. Grab a lat pulldown machine and choose an appropriate weight. Sit down and grip the bar with your arms extended.
2. Remain upright with your chest angled up slightly. Pull down the bar until your upper arms are slightly above parallel. This will be your starting position.
3. Exhale as you pull the bar down to your chest. Focus on bringing your shoulder blades back and down. Hold this position for 1 to 2 seconds.
4. Return to the starting position and repeat for the desired amount of sets and reps.

COMMON MISTAKES:

1. Not retracting the shoulder blades. Just like the corridor you are flying through, you've been here before. Yet, this time something is very different. You aren't trying to perform a full lat pull down or move the most weight. Focus on maximally retracting your shoulder blades at the bottom of the movement.

RADIO RECEPTACLE & CABLE
ASSY (7731417)
PARTIAL FRONT VIEW

DEFUSION TACTICS

SHORT RANGE LAT PULL-DOWN



DISARMING THE TRAP

You've laid out the blue prints and learned how the trap ahead works. You can see the unease in your crew's movements. Their hands are shaking and sweat collects on their furrowed brows. Yet, their eyes tell a different tale. They know that you've absorbed all the necessary information to save the ship, your crew, and your mission. Focus on what you've learned, and you will have the knowledge to continue along your path.

The workouts are broken into two days. Perform the first workout on your shoulder day workouts and your second trap day on your back day. If you really want to grow your traps and prepare your shoulders for heavy work, do these at the beginning of your workout.



DISARMING THE TRAP

WORKOUT #1

SHOULDER DAY TRAPS

Exercise	Sets	Reps	Rest
Barbell Shrug	5	12	45 seconds
Dumbbell Shrug	4	15-20	45 seconds
Angled Cable Upright Row	4	15-20	45 seconds

WORKOUT #2

BACK DAY TRAPS

Exercise	Sets	Reps	Rest
Seated Straight Arm Cable Row	4	15-20	45 seconds
Short Range Lat Pulldown with Isometric Hold	4	15-20	45 seconds