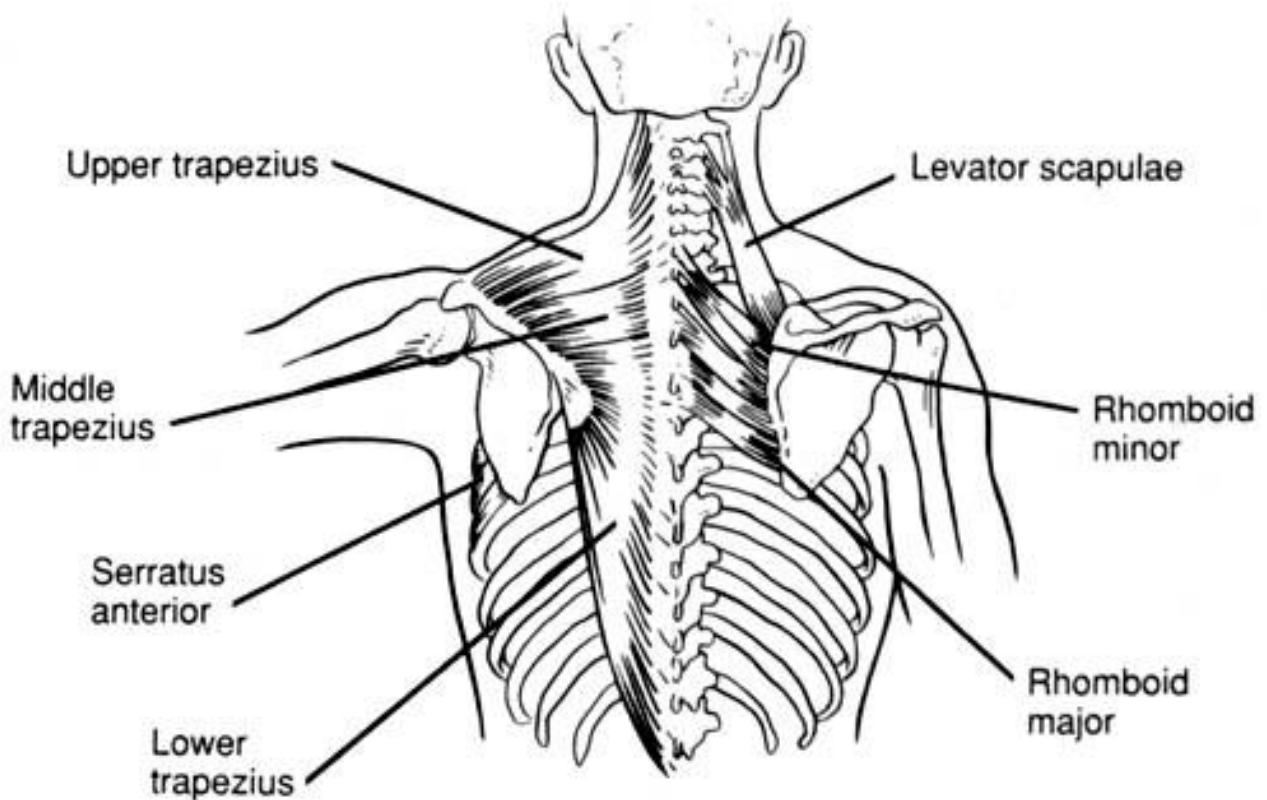


Ultimate Personal Training Trapezius Exercise Guide



Major Muscles That Act At The Shoulder Girdle

MUSCLE	ORIGIN	INSERTION	PRIMARY FUNCTIONS
Trapezius	Occipital bone, spines of cervical and thoracic vertebrae	Acromion process and spine of scapula	Upper: elevation of scapula; middle: adduction of scapula; lower: depression of scapula
Levator scapulae	Upper four or five cervical vertebrae	Vertebral border of scapula	Elevation of scapula

Barbell Shrug

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell with both hands in front of you with your hands a little wider than shoulder width apart. Keep your feet at shoulder width. Stand straight up with the bar hanging at arms length. Droop shoulders down as much as possible to start. Raise your shoulders up as far as you can go. You can also rotate your shoulders as you go up, going in a semicircular motion from front to rear. Then slowly return to the starting position. Can also be done with dumbbells.

Barbell Shrug Behind The Back

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell behind your back with your palms facing backwards. "Shrug" your shoulders upward as high as you can and squeeze it for a second. Then lower the bar all the way down as far as you can. To get the barbell into position, you can rest it on a power rack or bench and then pick it up from there. You can also do these with dumbbells.

Cable Shrugs

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Grasp cable bar that is attached to the low pulley with a shoulder width or slightly wider overhand grip. Stand close to pulley. Elevate shoulders as high as possible. Lower and repeat.

Calf-Machine Shoulder Shrug

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: This is a great way to work your traps and avoid having to hold dumbbells or barbells, which can be hard on your arms or wrists. Position yourself on the calf machine so that the shoulder pads are above your shoulders. Put your hands on your hips. Raise your shoulders up towards your ears and hold it for a full second. Slowly return to the starting position and repeat. You can change your shoulder position (bending over a little) to hit the traps from different angles.

Dumbbell Shrug

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Stand straight up with your feet at shoulder width. Hold two dumbbells with your arms hanging at your sides. Droop shoulders down as far as possible. Raise shoulders up as far as you can go. Then slowly return to the starting position. You can also rotate your shoulders by going up in a circular motion from front to rear and then back down. Can also be done holding a barbell instead.

Low Pulley Row To Neck

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Middle Back, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: This is like a seated row but you use a rope handle and pull to your neck. Sit at a seated row station and grab the ends of the rope using a palms down grip. Sit with your knees slightly bent and your back straight. Your back should be almost completely vertical... do not lean back! Keeping your back in the same vertical position, pull the rope back and up to neck height. Your elbows should be out, away from your sides. Return slowly to the starting position.

Smith Machine Shrug

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Stand grasping Smith bar with shoulder width or slightly wider overhand grip. Disengage bar from the rack. Elevate shoulders as high as possible. Lower and repeat.

Smith Machine Upright Row

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: Same as the [Upright Barbell Row](#) but with a Smith Machine.

Snatch Hang High Pull

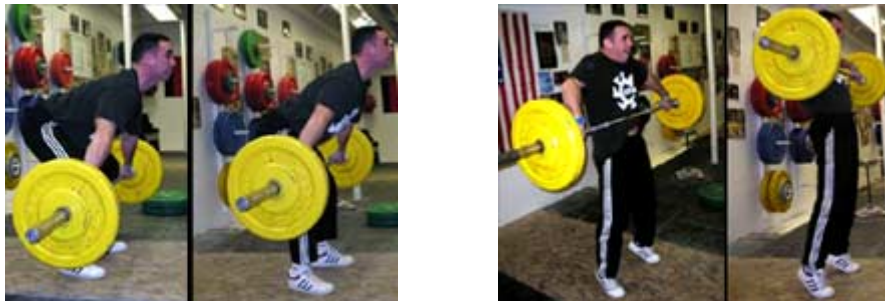
Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Lower Back, Forearms, Hamstrings, Calves, Abdominals, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: These are just like the [Power Clean](#) except that you start from a hanging position and you do not catch it at the top. Check out the Power Clean for more info.

Standing Dumbbell Upright Row

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Hold dumbbells, hanging, against your upper thighs. Keep dumbbells about 10 inches apart, thumbs facing in. Pull dumbbells straight up until nearly even with your chin. Keep your elbows up and out! Keep weights close to your body and slowly return to the starting position. Can also be done with a cable or barbell.

Upright Barbell Row

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: 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 towards your chin, keeping it close to your body. Concentrate on either pulling with your traps or the front of your shoulders, depending on what you want to work most. Lower slowly to the starting position. Don't cheat by leaning forward or backward. Don't swing!

Upright Cable Row

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Shoulders

Equipment: Cable

Mechanics Type: Compound



Tips: Standing upright, grasp a straight bar connected to a cable machine 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 towards your chin, keeping it close to your body. Concentrate on either pulling with your traps or the front of your shoulders, depending on what you want to work most. Lower slowly to the starting position. Don't cheat by leaning forward or backward. Don't swing!