

Upright Row (Barbell)

Equipment Needed: Barbell

Start at this Position:

- Grip the barbell at shoulder width. Palms face down. Do not let the barbell rest on your thighs.
- Position your elbows in front of your body, bending them outward. Do not bend your wrists.
- Stand with your feet shoulder width apart.
- Keep your back straight, head aligned with your spine, and knees slightly bent.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly raise the barbell, bending your elbows outward.

2. Middle Position

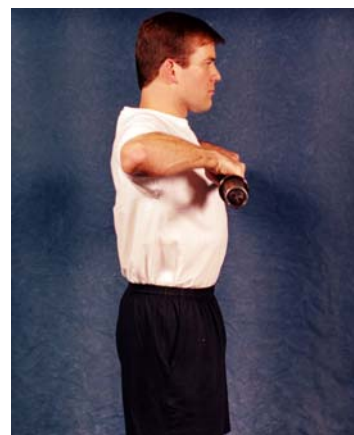


As you raise, concentrate on bending your elbows outward, ensuring they remain higher than the barbell. Keep the barbell close to your body.

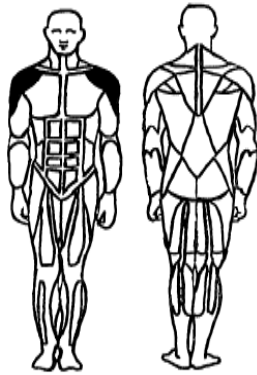
3. End Position



Raise until the barbell is at the upper part of your chest. Hold for 1/2 a second, squeezing your shoulder blades together. Refer to Figure A. **Note: Some bending of the wrist is expected.**



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Region: Shoulders

- Primary Muscle Worked: Front Deltoids

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight, head aligned with your spine, and knees slightly bent.
 - Your elbows remain above the height of the barbell.
 - Keep the barbell close to your body.
- At start position, do not lock out your elbows.
- At end position, do not lift the barbell beyond chest height.
- At end position, **do not overbend your wrists. Overbending your wrists could possibly cause injury.**
- Use your arms to perform the exercise, not your back.
- **Include the barbell's weight in your total weight.**

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Do not lock out your elbows. Repeat the movement for the recommended number of repetitions.



Figure A

