

Upright Row (Dumbbell)

Equipment Needed: 2 Dumbbells

Start at this Position:

- Gripping a dumbbell in each hand, bring your arms in front of your body. Palms face down. Do not let the dumbbells 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.

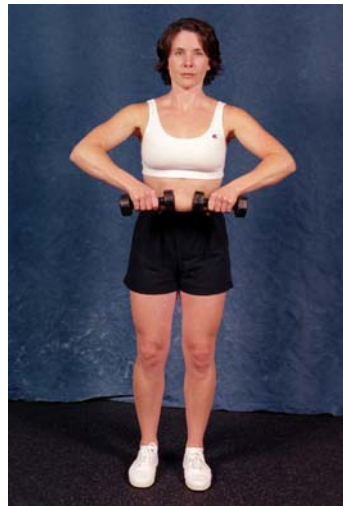
Steps to Performing the Exercise:

1. Start Position



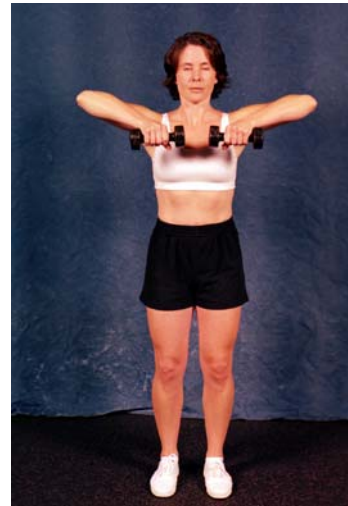
Exhale as you slowly raise the dumbbells.

2. Middle Position



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

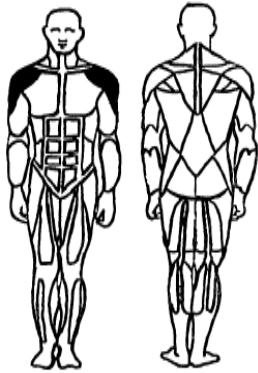
3. End Position



Raise until the dumbbells are at the upper part of your chest. Hold for 1/2 a second, squeezing your shoulder blades together. Refer to Figure A.



Upright Row (Dumbbell)



Region: Shoulders

- Primary Muscle Worked: Front Deltoids

Focus on Your Form:

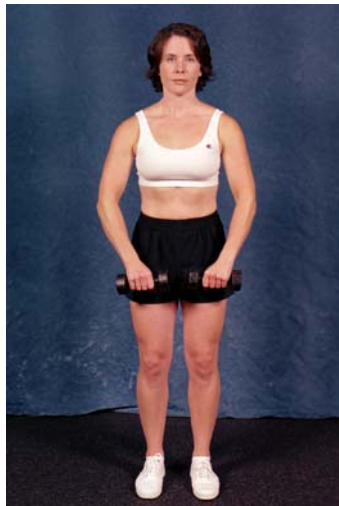
- Throughout the entire range of motion:
 - Keep your back straight, head aligned with your spine, and knees slightly bent.
 - Your elbows remain above the height of the dumbbells.
 - Keep the dumbbells close to your body.
- At start position, do not lock out your elbows.
- At end position, do not lift the dumbbells beyond shoulder height.
- Use your arms to perform the exercise, not your back.

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

