Title: Barbell High Pulls

Primary Muscle Groups: Hamstrings, Quadriceps, Shoulders

Secondary Muscle Groups: Calves, Glutes &amp; Hip Flexors, Lower Back

Summary: <ol>

<li>Prepare a barbell with a lighter amount of weight than usual. Place the barbell in front of you at your shins.</li>

<li>Squat down into position, driving your hips back. Keep your chest and head up. Place your hands in an overhand grip on the barbell. Your arms should be straight with a slight bend at the elbow.</li>

<li>In one fluid motion, explode up and off the ground as you pull the bar high, leading with your elbows. Your feet will leave the ground.</li>

<li>Land softly and lower yourself back to the starting position.</li>

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