Title: Upright Barbell Rows

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs, Neck &amp; Upper Traps

Summary: <ol>

<li>Stand with your back straight, holding a barbell with an overhand grip slightly less than shoulder width apart.</li>

<li>The bar should be level with the tops of your thighs.</li>

<li>Keep your arms extended with a slight bend at the elbows. This is the start position.</li>

<li>Exhale and using the sides of your shoulders lift the bar.</li>

<li>As you do so, raise your elbows up and out to the side.</li>

<li>Keep the bar close to your body as you raise it.</li>

<li>Continue  lifting the bar until it is just below your chin. Pause for a count of one.</li>

<li>Return to the start position in a single smooth movement. Inhale as you do so.</li>

<li>Repeat.</li>

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