Title: Upright Dumbbell Rows

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs, Biceps, Forearms, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Holding a dumbbell in each hand,stand with your feet shoulder width apart.</li>

<li>The dumbbells should be resting on your thighs with your palms facing in.</li>

<li>Lift the dumbbells straight up in single smooth movement until they are just below your chin making sure to keep your shoulders back and your elbows out.</li>

<li>At the top of the movement, flex or squeeze your biceps and forearms. Hold for a count of one.</li>

<li>Return to the starting position slowly to keep tension on the muscles.</li>

<li>Repeat.</li>

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