Title: Upright Kettlebell Front Rows

Primary Muscle Groups: Shoulders, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with a braced core, holding a kettlebell. Position your hands on the outside of the handle (not the top).</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Focusing the tension in your shoulders and traps, pull the kettlebell up and towards your face.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause once your elbows are above parallel with the ground. Slowly return to the starting position and repeat.</span></li>

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