

## **BARBELL UPRIGHT ROW**



**START POSITION** – Stand upright holding a barbell with hands positioned 6-8 inches apart (palms facing the body). Bend knees slightly and keep chest up tall.

**THE MOVEMENT** – Leading with the elbows, pull the barbell vertically to the upper chest level while keeping the barbell right next to the body. When the barbell is at the top position, your elbows should be higher than your wrists (about ear level), and your wrists should be in a straight line with your forearms (not curled). From the top position, lower the barbell back down to the start position under control and reset for the next repetition. Be sure not to let the barbell pull your chest down as you lower it back to the start. Keep your core muscles tight and maintain an upright body position.