

## WIDE UPRIGHT ROW BB

START



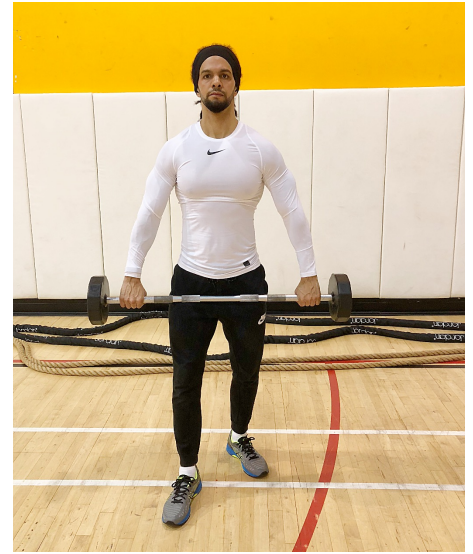
- Hold the barbell with an over hand wide grip
- Stand with right leg slightly forward
- Keep your back straight and eyes facing forwards

MIDDLE



- Lift the bar straight up while keeping it as close to your body as possible
- Pull the bar up to about chest height
- Focus on keeping your elbows higher than your forearms
- Your elbows should remain flared outward during the movement
- Pause and squeeze the traps at the top of the movement

END



- Lower the bar slowly to the starting position
- Keep your body fixed throughout: avoid leaning forward as you lower the bar, and back as you raise it
- Ensure breathing is efficient with an inhale on the lowering phase and exhale on the lifting phase
- Repeat for the recommended amount of repetitions

### MUSCLES TARGETED

#### UPPER TRAPS, DELTOIDS & BICEPS

- The upper trapezius and deltoids work together to elevate your shoulder girdle and raise your arms
- Your biceps work to flex your elbows

#### NOTE

*If you have never tried a wide grip, it may initially feel awkward, so you may not be able to go as heavy as you normally do at first.*