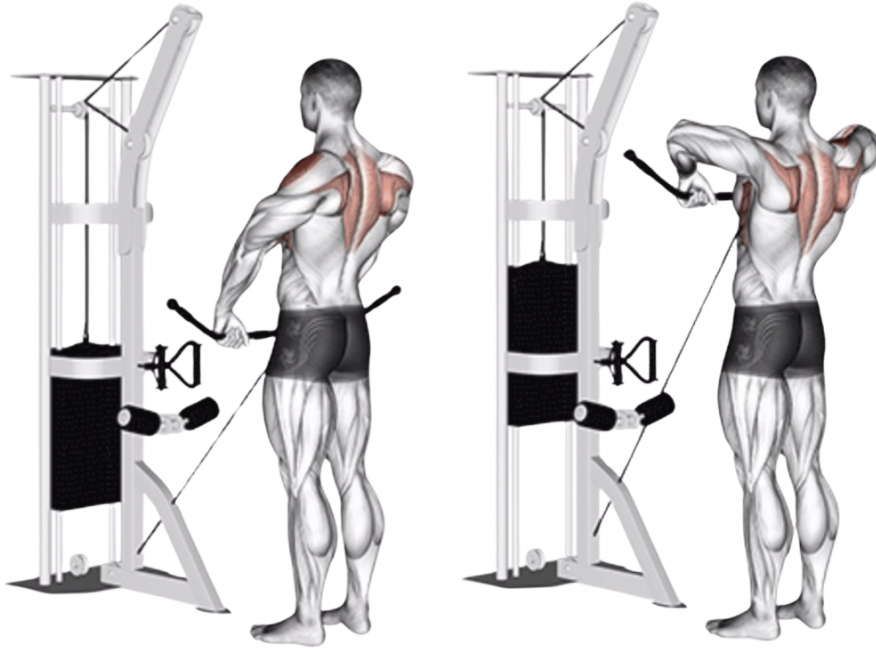


HOW TO PERFORM A CABLE UPRIGHT ROW

MUSCLES WORKED

SHOULDERS
BICEPS, TRAPS, UPPER BACK



1. Set up on a cable machine by putting the pulley on the lowest setting and adding a straight bar attachment.
2. Grip the straight bar shoulder with hands width apart using a pronated grip, so that your palms are facing downwards.
3. Engage your core and pull your shoulder blades back, then begin the movement by lifting the straight bar upwards, allowing your elbows to come out to the sides and keeping the bar close to your body.
4. Raise the straight bar until it is at mid chest height or shoulder height based on how comfortable the shoulders feel.
5. Revert the movement by slowly lowering straight bar to the starting position.

Coaching Queues:

1. If the straight bar version of this exercise bothers your wrists or shoulders, consider using a rope attachment as this can help to decrease excessive stress.
2. Keep the elbows high but don't allow the upper arm to go past parallel as this may increase the risk of impingement.
3. If you experience pain in the shoulders during the movement than it may require a slight squeeze of the traps to elevate the shoulders and open up some of the subacromial space.
4. Don't allow your back to arch as you pull the cable up, don't allow excess weight to dictate your body mechanics.
5. Extra momentum used during the movement can potentially shift the load to other compensatory muscles so try to limit excessive movement if possible.
6. As you drive the elbows high, ensure the head doesn't jut forward.
7. Adjust the weight if you need to