

Upright Row



- Stand upright with your feet shoulder width apart
- Grasp the dumbbells or bar shoulder width apart as well, palms facing your body
- Keeping the weight close to your body, bend your elbows outward and bring the weights to your chin, keeping the bar close to your body
- Under control, return the weight to the start position

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
