Barbell Upright Row

Select barbell. Stand with your feet hip distance apart and use an overhand grip. Place your hands shoulder width apart on the barbell. Draw your shoulder blades down and back to stabilize your shoulder blades. Keep your knees slightly bent to minimize the curve in your lower back.

Exhale and pull the barbell upward. Lead with your elbows and stop when your arms are parallel to the floor. Inhale and slowly release the weight back to the starting position.