

## Smith rack upright row 00666



### Tips

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Start with the hands close together with the thighs next to the bar.

Raise the bar straight up to approximately chest height then lower the bar back to the start position. Keep the elbows higher than the wrists & do not sway the body forward or back.

### Cautions

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Continue to look forward & do not round the spine as the bar is raised.

### Prime Movers

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[Brachialis](#)  
[Supraspinatus](#)  
[Trapezius-upper](#)  
[Biceps brachii](#)

[Deltoid-middle](#)  
[Deltoid-anterior](#)  
[Deltoid-posterior](#)

### Related Exercises

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[Dumbbell upright row 05129](#)  
[Barbell upright row 05991](#)

### Disclaimer

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No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.