

# Barbell upright row 00714



## Tips

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The width of the stance & the height of the box may vary depending on the requirements of the exercise.

Press firmly off both legs & pull the barbell towards the chest. The elbows should remain above the height of the wrists during the pull.

The knees should track in line with the centre of the feet & maintain neutral curves in the spine during both phases of

## Cautions

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Ensure that the box is on a non-slip surface.

Do not flex the spine or round the shoulders during this exercise.

## Prime Movers

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

[Biceps brachii](#)  
[Rectus femoris](#)  
[Biceps femoris](#)  
[Supraspinatus](#)

## Related Exercises

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[Barbell row throw 00713](#)  
[Half squat upright row 04474](#)

## 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.