

Dumbbell Upright Row

Add this exercise to your 12" to knuckle lift training program to prepare for the knuckle to shoulder lift portion of the work ready assessment. This exercise can also be completed for anyone looking to build up strength in the upper back. Start with one set of 10 and work your way up to 3 sets of 10. Remember if you don't have dumbbells you can always substitute with water bottles (1 liter = 2.2 lbs and 1 gallon = ~8 lbs)

1. Grasp a dumbbell in each hand with a pronated (palms forward) grip that is slightly less than shoulder width. The dumbbells should be resting on top of your thighs. Your arms should be extended with a slight bend at the elbows and your back should be straight. This will be your starting position.



2. Use your side shoulders to lift the dumbbells as you exhale. The dumbbells should be close to the body as you move it up and the elbows should drive the motion. Continue to lift them until they nearly touch your chin. **Tip:** Your elbows should drive the motion. As you lift the dumbbells, your elbows should always be higher than your forearms. Also, keep your torso stationary and pause for a second at the top of the movement.



3. Lower the dumbbells back down slowly to the starting position. Inhale as you perform this portion of the movement.