



How many upright rows can you complete in 1 minute?

Equipment Needed:

- Timer
- Weights
- A chair if you are performing this exercise in a seated position



Instructions:

Standing Position:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in front of your legs. Your wrists should be facing your legs
- Step 2: Raise both arms at the same time to bring wrists up to shoulders. Your elbows should be in line with your shoulders
- Step 3: Lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Modifications:

Seated Position:

- Step 1: Start in a seated position with your legs shoulder width apart and arms down by your sides. Your wrists should be facing your back, or you can rest your arms on your legs with your wrists facing your legs.
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: Lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Standing Position:



Seated Position:

