

## **Trapezius (free weights)**



### **Exercise Description:**

Barbell Upright Row

### **Classification:**

Trapezius (free weights)

### **Instructions:**

- 1) Stand with feet shoulder width apart
- 2) Start position: Grasp barbell with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise barbell by pulling elbows towards the ceiling and pull barbell to chest level.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

## **Dumbbell Lateral Raise**



### **Exercise Description:**

Dumbbell Lateral Raise

### **Classification:**

Trapezius (free weights)

### **Instructions:**

1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB's with an underhand grip (palms facing forward). Arms should hang down at sides with elbows slightly bent.
3. Raise DB's to side of body at shoulder height. Keep elbows only slightly bent with

thumbs pointing up throughout movement.

4. Return to start position.

5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

### **Standing Dumbbell Upright Row**



#### **Exercise Description:**

Standing Dumbbell Upright Row

#### **Classification:**

Trapezius (free weights)

#### **Instructions:**

1. Stand with feet shoulder width apart

2. Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.

3. Raise DB's by pulling elbows towards the ceiling and pull barbell to chest level.

4. Return to start position.

5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

### **Shrug (barbell)**



#### **Exercise Description:**

Shrug (barbell)

#### **Classification:**

Trapezius (free weights)

**Instructions:**

1. Stand with feet shoulder width apart
2. Start position: Grasp barbell with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise barbell by shrugging shoulders towards the ceiling.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**Seated Shrug**



**Exercise Description:**

Seated Shrug

**Classification:**

Trapezius (free weights)

**Instructions:**

1. Sit with feet shoulder width apart
2. Start position: Grasp barbell with an overhand grip (palms down). Arms should hang down straight down with elbows slightly bent.
3. Raise barbell by shrugging shoulders towards the ceiling.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**DB Shrug**

**Exercise Description:**

DB Shrug

**Classification:**

Trapezius (free weights)

**Instructions:**

1. Stand with feet shoulder width apart
2. Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise DB's by shrugging shoulders towards the ceiling.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**Hang Shrug****Exercise Description:**

Hang Shrug

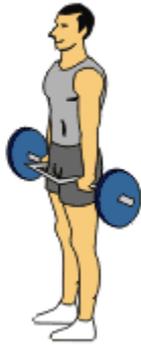
**Classification:**

Trapezius (free weights)

**Instructions:**

- Keep torso straight but bent forward at the hips slightly.  
Explosively raise the bar by extending the hips, knee and ankle in a "jumping action".  
Keep your elbows out and shoulders directly above bar as long as possible.  
Keep the bar close to the body.  
Once you have extended the lower leg shrug your shoulders.  
This should be a fluid motion where all the steps flow together.

## Shrug (trap bar)



### **Exercise Description:**

Shrug (trap bar)

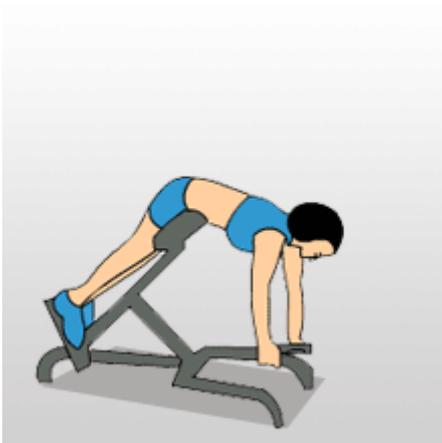
### **Classification:**

Trapezius (free weights)

### **Instructions:**

1. Stand with feet shoulder width apart
2. Start position: Grasp trap with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise trap bar by shrugging shoulders towards the ceiling.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

## Back Extension with Lower Trap Raise



### **Exercise Description:**

Back Extension with Lower Trap Raise

### **Classification:**

Trapezius (free weights)

### **Instructions:**

1. Hold a dumbbell in each hand and position yourself in the back extension machine.
2. Slowly lower yourself until your upper back is just short of being perpendicular to the floor. Let your arms hang towards the floor during this part.
3. Without moving your arms raise your upper body until it is parallel with your hips. Hold this position and raise the dumbbells at a 45 degree angle to your body to form a Y. Raise them until they are even with your torso.
4. Lower your arms and repeat exercise for the prescribed repetitions.