

Trapezius (machine)

Cable Upright Row



Exercise Description:

Cable Upright Row

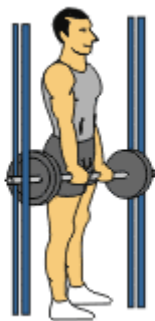
Classification:

Trapezius (machine)

Instructions:

1. Stand with feet shoulder width apart
2. Start position: Grasp cable with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise cable by pulling elbows towards the ceiling and pull cable 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.

Upright Row (smith)



Exercise Description:

Upright Row (smith)

Classification:

Trapezius (machine)

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.

Shrug (machine)



Exercise Description:

Shrug (machine)

Classification:

Trapezius (machine)

Instructions:

1. Stand with feet shoulder width apart
2. Start position: Walk under machine and place shoulders against pads.
3. Raise machine arms 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.

Standing Cable Shrug



Exercise Description:

Standing Cable Shrug

Classification:

Trapezius (machine)

Instructions:

1. Stand with feet shoulder width apart
2. Start position: Grasp cable bar with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise cable 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 (machine)

Instructions:

1. Sit with feet shoulder width apart
2. Start position: Grasp machine arms with your forearms. Arms should be bent at 90 degrees.
3. Raise machine 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.

Standing Shrug



Exercise Description:

Standing Shrug

Classification:

Trapezius (machine)

Instructions:

1. Stand with feet shoulder width apart
2. Start position: Grasp cable bar with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise cable 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.

Standing Lever Shrug



Exercise Description:

Standing Lever Shrug

Classification:

Trapezius (machine)

Instructions:

1. Stand with feet apart
2. Start position: Walk under machine and place shoulders against pads.
3. Raise machine arms 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.

Shrug (smith)



Exercise Description:

Shrug (smith)

Classification:

Trapezius (machine)

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.

Rope Upright Rows



Exercise Description:

Rope Upright Rows

Classification:

Trapezius (machine)

Instructions:

1. Start by holding a rope at each end attached to a low cable pulley.
2. Pull the rope up towards your chest keeping your elbows level or above your hands.
3. Return to the starting position and repeat.

Angled Upright Row with Cable



Exercise Description:

Angled Upright Row with Cable

Classification:

Trapezius (machine)

Instructions:

1. Grab the straight bar and lean back slightly.
2. Pull the bar up towards your neck keeping your elbows level with or above your hands.
3. Return to the starting position and repeat for desired repetitions.