

EXERCISE

Cable Upright Row

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a cable upright row. It's an upper body exercise working the upper back and the shoulder.

Once the client has hold of the handles, they're then going to lead out wide with the elbows as they approach the top, keeping the hands underneath the shoulder and slowly lower and lengthen at the bottom.

So again, think about as they're coming up, leading wide with the elbows and slightly back at the top and slowly lower and lengthen at the bottom.

As they're going through this movement, the key things you might want to look out for is that the wrist stays just underneath the elbow and that they try not to allow that to overtake.

Also, as they approach the top, they're pulling slightly back. Think about the shoulder blades trying to draw in slightly at the top.

A little bit of a pause to show control, and then slowly lengthen back to the bottom.

Two more for me, Dom.

Once this finished, just relax the ropes and finish there.

Main Muscles Involved

- Deltoids(especially the medial deltoids & upper back muscles)
- Rhomboids
- Biceps
- Core muscles

