

How To Do Cable Upright Row

You cannot undervalue the importance of keeping your shoulder joints and muscles strong.

The anterior, lateral, and posterior deltoids play a vital role in shoulder joint movement and stabilization, as well as being essential in moving your arm forward (flexion), backward (extension), and raising your arm out to the side (abduction).

One of the best exercises to increase and maintain strength in your shoulders is the cable upright row.

Here Is a Quick Summary Of Our Key Findings:

- **The proper execution of the cable upright row is crucial in reducing the risk of injury.**
- **Deltoids are the targeted muscle group of cable upright rows and are essential in many everyday arm movements.**
- **There are variations of the cable upright row to accommodate space and equipment availability.**
- **We found some great tips to consider when implementing cable upright rows into your workout routine.**

What Is a Cable Upright Row?

The cable upright row is a compound exercise, meaning it uses multiple muscle groups and joints during each rep.

It is a pull exercise that incorporates all the muscles required to execute a pulling movement. The anterior, lateral, and posterior deltoids are just some muscles this exercise targets.

It is performed by holding a straight bar in an overhand position and pulling upwards. It is one of the best exercises to increase strength in the upper arms, shoulders, and back.

What Is The Muscle Group Targeted By Cable Upright Rows?

The deltoids are the primary muscle group benefitting from this exercise. The importance of strengthening this muscle group and making cable upright rows part of your workout routine cannot be understated.

Spanning from the edge of the shoulder blade to the end of the collarbone, the deltoid muscle group plays a critical role in stabilizing the shoulder and contributing to a vast array of arm movements.

“Shoulders have the most mobility, so they’re also the most unstable...keep them strong by taking a ‘pre-hab’ versus a ‘rehab’ approach.” **Tom Holland, MS, C.S.C.S.**



Cable Upright Row Instructions

Complete these steps to perform one rep:

- Attach a straight bar to the cable station. Stand with your feet shoulder-width apart, and knees slightly bent. Pick up the straight bar and lift it to thigh height; this is your starting position.

- Hold the straight bar with an overhand grip. Keep the bar close to your body and pull up slowly until you reach your chest, just below your neck. Your elbows will be high with your biceps parallel to the floor.
- Pause briefly before slowly straightening your arms, lowering the bar back to the start position.
- Pause at the starting position and then repeat.

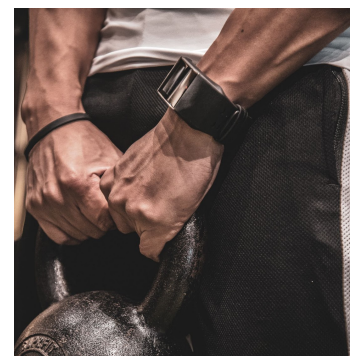
Cable Upright Row Tips

- 2-3 sets of 10-15 repetitions is ideal. Repeat as long as you can maintain good technique and perfect form.
- Keep the elbows high with the biceps parallel to the floor. Doing this reduces the risk of injury.
- It is essential not to use excessive weight when performing this exercise.
- It is crucial not to over-target the same muscle groups. Include the cable upright row into your routine, allowing ample rest between workouts before working the same muscles again.

Variations Of Cable Upright Rows

There are variations of the cable upright row if you do not have access to a cable machine. Each variation has subtle differences in technique.

- **Dumbbell Upright Row** - This variation requires holding a dumbbell in each hand with an overhand grip. Both hands must be level as you pull the dumbbells up in front of your body and then slowly lower them to the start position.
- **Barbell Upright Row** - This variation most closely mimics the original using a weighted barbell. Start with the bar at your thighs, grip with your palms facing down and pull upwards, keeping the bar straight, your feet shoulder-width and knees slightly bent.



- **Kettlebell Upright Row** - A light-weight kettlebell is the best option as the grip requires both hands to be closer than other variations. Heavy weights can cause injury, including shoulder impingement.

FAQs

Are cable upright rows good? Yes, cable upright rows are among the best exercises to strengthen and stabilize the shoulder and upper arm, vital to maintaining range of motion and reducing injury risk in exercise, weightlifting routines, and everyday tasks.

How do you do upright rows at home? If you do not possess a cable station, substituting a barbell, kettlebell, or dumbbells for the straight bar will yield similar results.

Is there a safe way to upright row? Yes! It is imperative to learn the proper form to keep this exercise shoulder-friendly. Consulting a trainer or watching a video is the surest way to avoid injury. Utilizing a mirror to self-evaluate your form during the exercise can be helpful.

Ready To Rip Those Shoulders?

Incorporating cable upright rows into your regular workout routine is something you will not regret.

Well-developed deltoids create strong and stable shoulders and upper arms. This asset will positively affect your other workout routines, help you achieve your fitness goals, and benefit you in performing countless everyday tasks.



Do not let a lack of access to a cable machine deter you from this important exercise. There are other variations utilizing equipment you may already own.

Remember to maintain proper form in whichever upright row you choose to incorporate into your workout plan; “no pain, no gain” is not valid here.

References:

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