

BARBELL SHRUGS



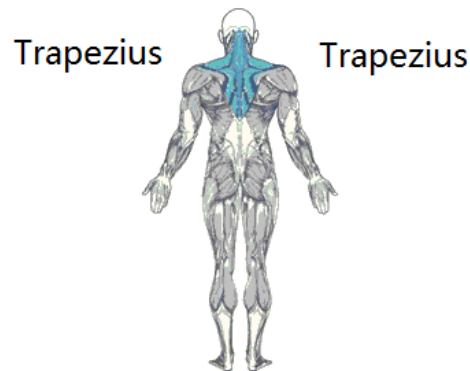
1. From a squatting position and while maintaining a straight & upright torso, pick a stacked **Straight Barbell** and stand up tall with the bar held at arm's length hanging down at your front. Hold the bar in an overhand/shoulder width grip, with the palms of your hands facing inwards. Keep your elbows locked and your feet close to each other. This will be your starting position.
2. While maintaining a straight & upright posture, use your trapezius muscles to lift the bar up by elevating both your shoulder blades as high as you can as if you're trying to let your shoulders touch your ears, while keeping your arms fully extended and your elbows locked throughout the entire movement.
3. Once your trapezius muscles have reached full contraction, slowly begin to lower down the bar back to it's starting position, while keeping your trapezius muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a very heavily stacked barbell when performing this exercise to avoid getting any neck, back, shoulders and/or wrists injury. A proper stacked barbell that is not too heavy to lift should have you mostly engage your trapezius muscles -as it should- without putting negative pressure on your spine and/or putting your shoulders and/or neck at risk for injury. Reduce the weight stack on the bar if you ever felt that you're over straining your neck, back and/or shoulders.

ALTERNATIVE EXERCISES: [Straight Bar Cable Shrugs](#) / [Standing Front Dumbbell Shrugs](#)

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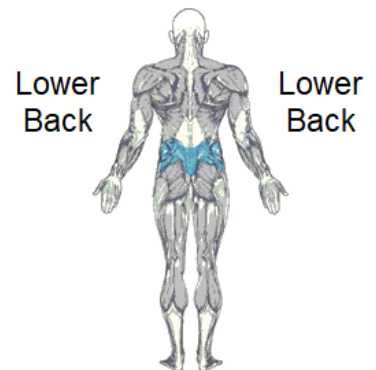
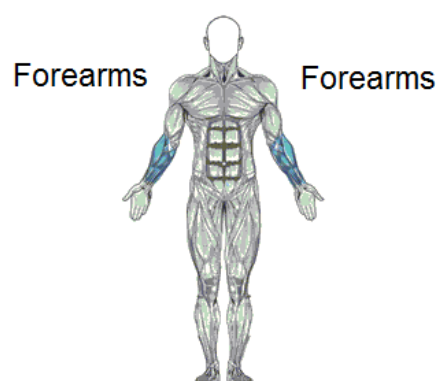
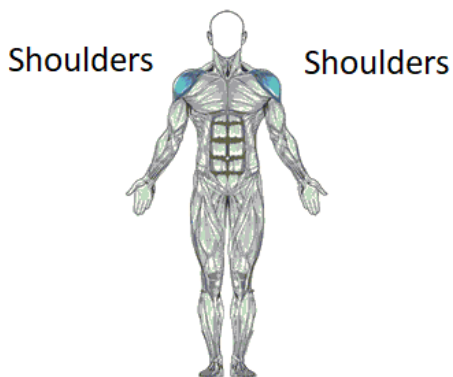
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%70** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30** when performing this exercise.

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