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# BENCH PRESS

## MAJOR MUSCLES IN USE:

Pectoralis Major, Anterior Deltoid, Medial Deltoid, Triceps Brachii, Serratus Anterior

## STARTING POSITION:

- Lie flat on a bench press bench and position yourself so that your eyes are directly below the bar.
- Use an overhand grip about 3 to 4 inches wider than shoulder-width.
- With your feet flat on the floor lift the bar off the uprights and position it directly above your shoulders. Your arms should be straight up so that your wrists, elbows and shoulders are supporting the weight.



**START**

## EXERCISE MOVEMENT:

- Lower the bar down to the middle of your chest in a very slight arc that follows the natural movement pattern of your shoulders.
- Your elbows should be pointing out to the sides to allow the chest muscles to do the majority of the work.
- Let the barbell lightly touch your chest and then push it back up following the same path in which you lowered it. At the bottom part of the movement, your forearms should be perpendicular to the floor.



**FINISH**

## EXERCISE TECHNIQUE POINTS:

- Do not bounce the barbell off your chest.
- Do not allow your midsection to rise off the bench since this would result in excessive arching of your back.
- Your feet should remain on the floor and your hips and lower back should remain on the bench.
- Make sure you do not allow the bar to twist (one side closer to your feet and one side closer to your head) as this could lead to shoulder problems.

DIFFICULTY - **HT**

**♂** STARTING WEIGHT - 65

**♀** STARTING WEIGHT - 35