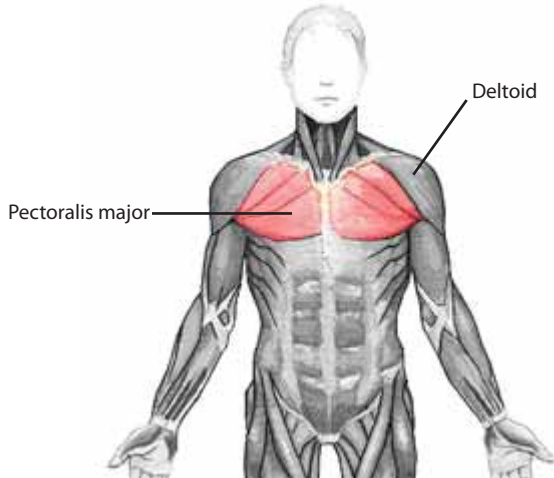


Training Tips

Exercise: Bench Press

Muscles worked: Pectoral, deltoids, triceps



The bench press is a great multiple muscle group exercise, primarily focusing on the pectoral muscles. Since this exercise is a compound movement, it benefits a large portion of the entire body.

Beginning Body Position:

Lay down on the bench. Place the hands at about a shoulder width distance on the supported bar. Keep the feet firmly placed flat on the floor and buttocks tightened.

Technique & Execution:

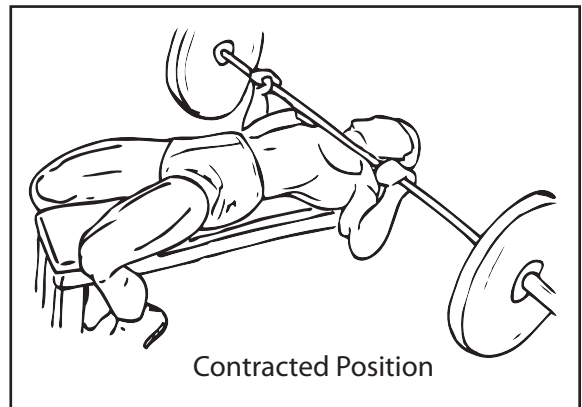
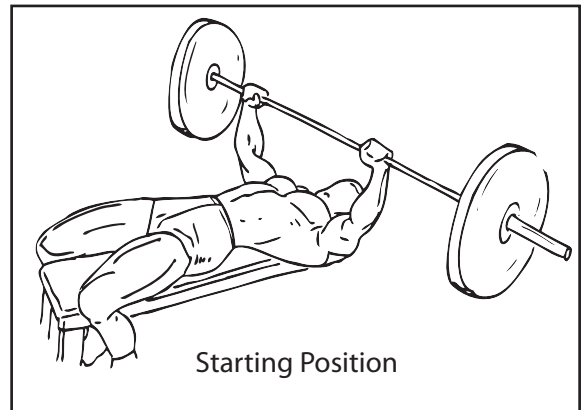
Use a weight that you can control and balance. Push the bar upward to remove it from the support racks. Slowly lower the bar down the mid-line portion of the pectoral muscles. Inhale as you lower the bar. Upon just touching the lower chest with the bar, push the bar back upward to the starting position. Exhale as you push. Be sure to use a full range of motion, as this recruits more muscle fibers.

Exercise Tips and Precautions:

As you lower the bar to the chest, lead the movement with the elbows pointing outward. This will ensure a proper stretch and contraction on the pectoral muscles upon lowering and raising the bar. Remember to lower SLOWLY and raise forcefully. Do not arch or bridge the back in order to lift heavier poundages. This method

only detracts from the original purpose of the exercise, which is to work the pectoral muscles. Also, DO NOT bounce the bar off the chest in order to complete a lift.

Any alteration of the elbow position other than keeping the elbows out will produce more of a deltoid and triceps workout rather than a pectoral workout. Also, bridging the back only transfers the pressure AWAY from the chest muscles to other supporting muscle groups.



Be sure to have somebody spot you while performing this exercise. And as always, for more information on this exercise or for assistance in designing a workout program designed specifically for your needs, contact a personal trainer.