

HOW TO PERFORM A WIDE GRIP BENCH PRESS



MUSCLES WORKED

CHEST, FRONT OF SHOULDERS,
TRICEPS

Benefits of a Wide Grip Bench Press

- **Greater chest bias** – The wider grip creates a greater bias on the pectoral muscles versus the narrow grip, so if you want to grow your chest more, this is a great choice.
- **Lift more weight** – The wide grip typically allows you to lift more weight than the narrower grip. So, if you are looking to set an all-time bench press PB, or are looking to compete in Powerlifting, then the wider grip bench press is for you.

How to do:

- Lay on the weight bench and assume an even grip on the barbell, comfortably outside shoulder width.
- Drive your shoulders back and down towards your bum.
- Un-rack the bar from the bench press rack, keeping your shoulders pinned back throughout.
- From the top position, think about pulling the bar down to your mid chest aka nipple line (around your sternum), following a slight diagonal path from the start position.
- Drive the bar back up, reversing the movement, driving your feet into the ground to complete the rep.