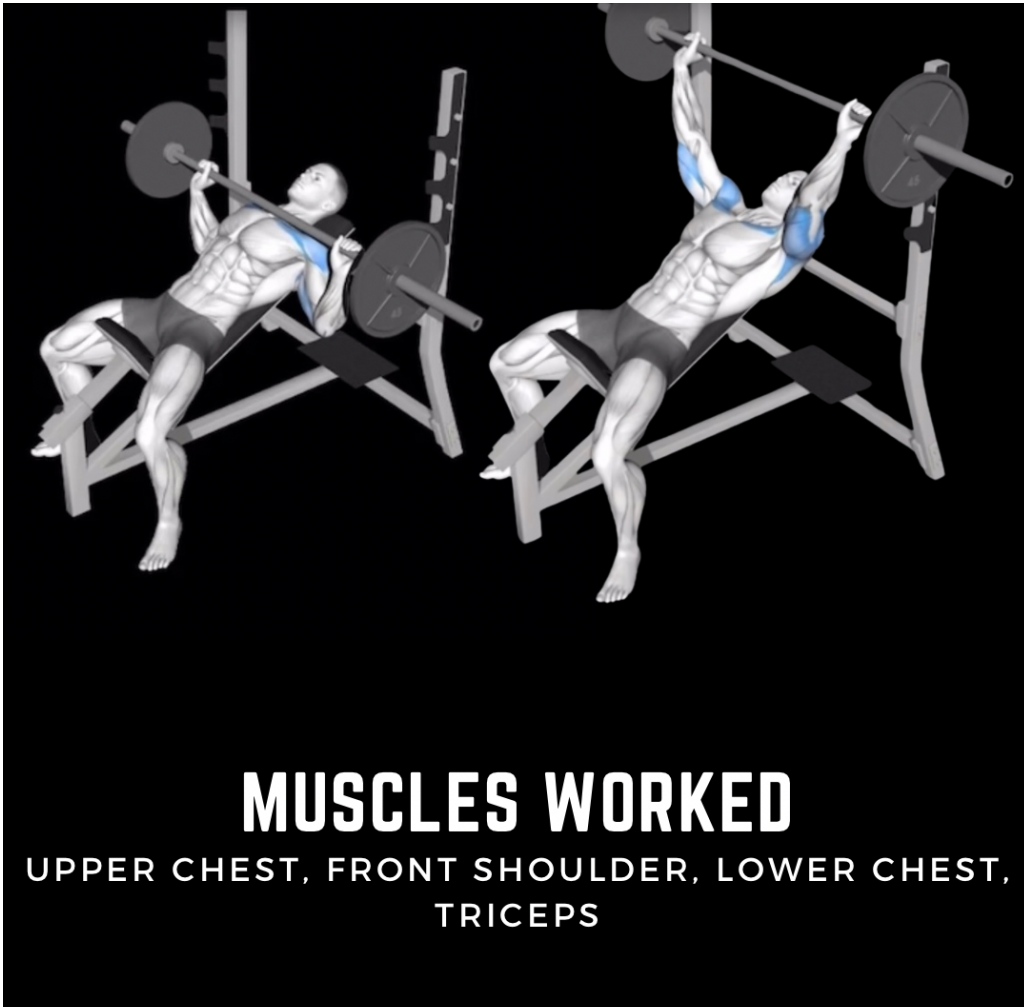


HOW TO PERFORM A BARBELL INCLINE BENCH PRESS



HOW TO DO:

1. Lie flat on a bench so that your head, upper body, lower back, and both feet are firmly pressed against the bench and ground at all times
2. Grab the barbell on the rack at slightly wider than shoulder-width by extending your arms and bring it forward until it is over your upper chest and your arms are fully extended
3. Inhale and lower the barbell towards your upper chest
4. Continue lowering the barbell until just before it makes contact with your chest
5. Exhale and push the barbell upwards returning to the starting position, while keeping your feet, lower back, upper back and head firmly planted
6. After all reps are completed, return the barbell to the rack

Tip:

Select an incline between 30-45 degrees and stick with it. The higher the incline, the more you'll train your shoulder muscles.