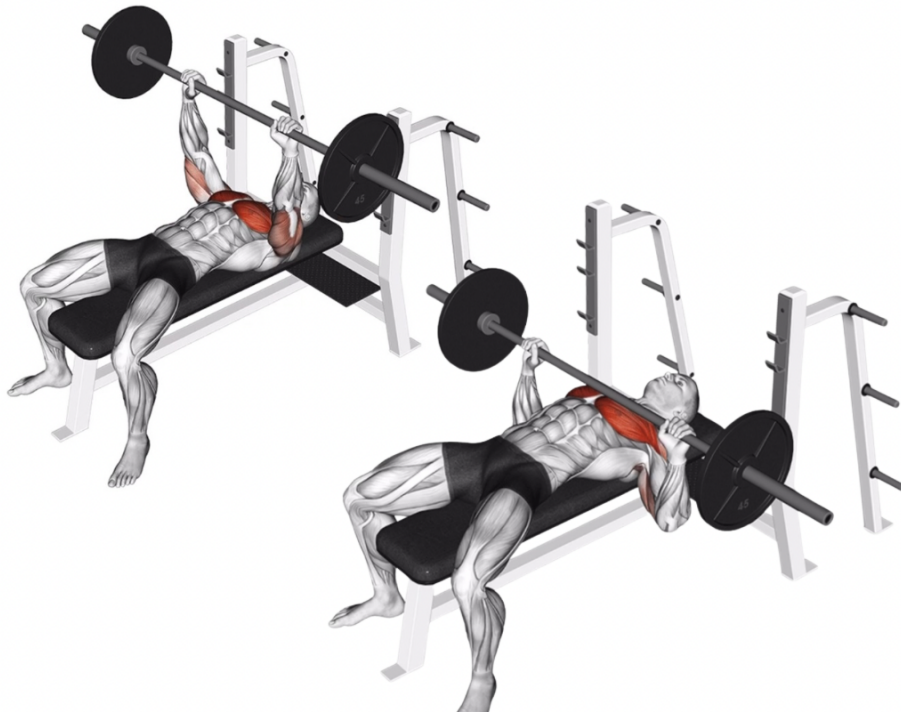


HOW TO PERFORM A BARBELL BENCH PRESS

MUSCLES WORKED

PECS, TRICEPS, FRONT SHOULDERS

SECONDARY: BICEPS



1. Lying down on a bench, position yourself so that your eyes are in line with or behind the barbell.
2. Grip the barbell taking a grip a little wider than shoulder width.
3. Retract your shoulder blades by pulling your shoulder blades into the bench and pressing through your feet. This should create an arch in your lower back, which helps to protect the shoulder joint.
4. Take a deep breath in to unrack the barbell and hold it straight above you.
5. Commence the reps by lowering the barbell in line with your mid chest (nipple line) making sure you keep your elbows tucked rather than allowing them to flare outwards. Ensure to lower the barbell until it is nearly touching your chest.
6. Push through your arms, chest, and feet as you lift the barbell back up in an arc direction towards your chin.

Tip:

If you're new to bench pressing, it is advisable to build up prior strength using the dumbbell bench press and other chest pressing variations. Once you're feeling confident, ask somebody to spot you or opt for a light weight that you know you can manage!