Call Out #1

And with that being said, there definitely is some work in what should be done before an athlete is put under the barbell to assure the highest level of success with minimal risk.

We need to be sure we limit injuries in the gym and build a foundation that will allow us to continue to lift and resistance train for decades to come. Be sure to look out for future content detailing exactly what should be done in the timeframe leading up to using a BB to bench press; and also look out for details on a proper warm up routine including mobility and activation work for specific movements such as the bench press and many more. So without further ado, let's get into it!

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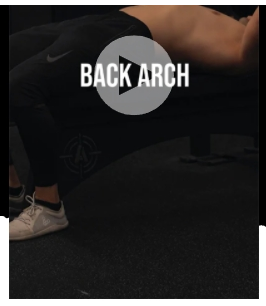
As you sit on the bench to position yourself, keep your feet close together and slide them back close to the bench pad.

Call Out #2



Avoid hip drive (using glutes and hamstrings) as this causes force and drive going up. This means energy leaks through the hips and isn't directly transferred to the barbell.

Remember, knee extension helps push your back and body into the bench which creates that strong foundation to support big weight.

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STEP 2: FINDING YOUR POSITION ON THE BENCH

When positioning yourself under the barbell, be sure that your eyes are directly under the barbell.

Possibly even forehead level under the barbell depending on how long your arms are. The longer they are, the greater the distance from head to the top of the bench. So the forehead under BB will mean greater distance.

Call Out #3

STEP 5:
REP THAT S#IT

You are now set and ready to brace for your rep.

Take a deep breath in through your nose as this allows a larger volume of air to fill your belly and tighten your core. This is proper core bracing known as the valsalva maneuver.

The bar path in the bench press is different from the squat or deadlift in that you actually DO NOT want a straight and linear bar path.

The bar path is measured from a side view and in most lifts you want a straight line going up and down.

However, with the bench press you are moving in between two strong positions (barbell on top of the shoulder at the top and barbell on top of the elbow at the bottom) so the travel of the bar will be much different.

*PRO TIP

Getting and maintaining your strength through each and every o making count! A good pre-workout supplement can help to boost your ene stain you the duration of your workout. Swole Nutrition has a wide array of pr supplem help you get an intense pump, increase endurance and dial in your fo stimulus Ingredients. Check out the latest line of pre workouts from Sw on.

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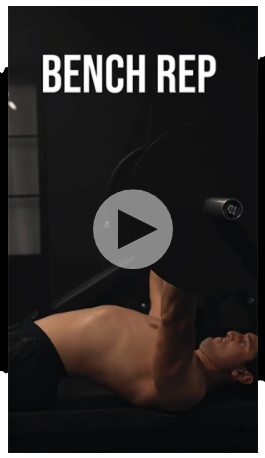
As the barbell is unracked and directly over your shoulders you must realize that this is the strongest position to hold the barbell while arms are extended. Meaning you wouldn't want to hold a loaded barbell with arms extended over your belly button as there is an extremely high likelihood that you will drop it onto said area. The strongest position on the bottom phase of the lift is not hands over shoulders (this will put way too much stress onto the shoulder joint entirely) but rather bringing the barbell onto the sternum as this is the strongest position for your elbows to set with the weight and drive from using your triceps.

As you lower the barbell onto your sternum we can see in images 9 through 12 the position of the bar outlines the slanted bar path we touched on earlier. Image 9 shows it over the shoulder and image 12 shows it resting on the sternum and stacked on the elbow.

Call Out #4



STEP 6: RERACKING THE BARBELL

Now that the rep is complete, we have to make sure we safely return the barbell back to its

Call Out #5

motion, foot placement, grip, etc.

- Maintained safe practice in learning how to be an aware spotter in watching barbell speed and giving technical cues if necessary.

- Became educated in the process of moving through a proper bench press and knowing how to make the proper adjustments to adapt it specifically for our own individual strength goals.

SHOP NOW

Be sure to use these tips and keep this at the forefront of your training and fitness routine always. They will only propel you to be a better lifter and overall athlete in the long term.

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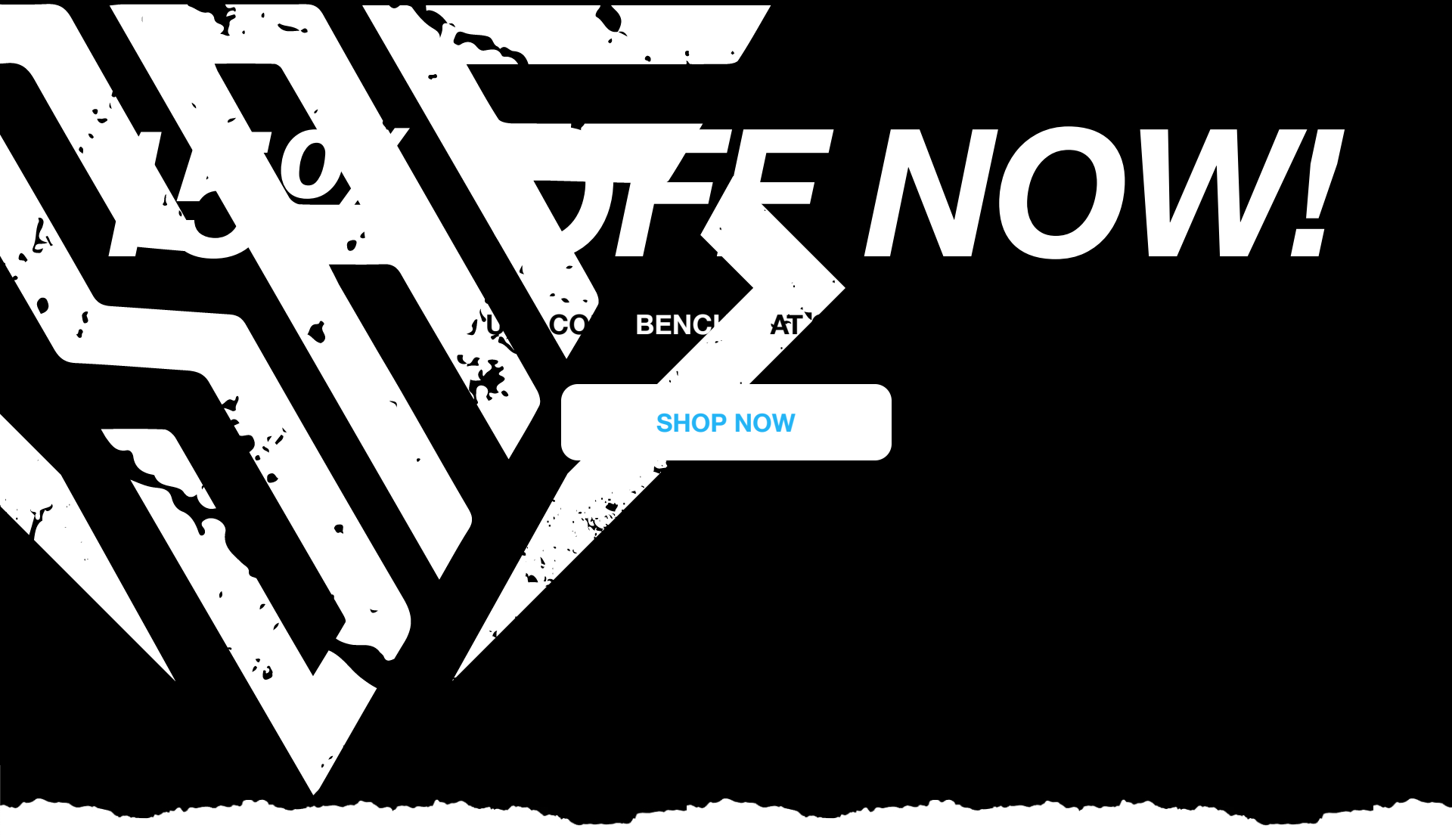
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