

BB CHEST PRESS FLAT

START



MIDDLE



END



- Lie down on a flat bench with the barbell resting on top of your thighs
- Use your thighs to help raise the barbell up to your chest
- Hands should grip the bar wider than shoulder-width to maintain the best position to press the weight up
- To keep the wrist straight position the bar as low in the palm as possible while still being able to wrap the thumb
- Set your shoulder blades by pinching them together and driving them into the bench
- Focus on pulling the bar apart or trying to “bend the bar” in order to activate some of the intrinsic stabilizers in the shoulder

- Push the bar up in a straight line by pressing yourself into the bench
- Maintain a strong arch in your lower back as you lift and lower the weight
- Drive your feet into the floor for leg drive, and extend the elbows
- Tightness through the upper back should be one of your main priorities throughout the course of the lift

- Begin coming down slowly
- Ideally, lowering the weight should take about twice as long as raising it
- Lower the bar in a straight line to the base of the sternum (breastbone) and touch the chest
- Squeeze the bar as tightly as possible to help enhance shoulder stability
- Make sure your butt, hips, upper back and head are pressed into the bench at all times
- Repeat for the desired number of repetitions

MUSCLES TARGETED

PECTORALIS MAJOR, TRICEPS AND ANTERIOR DELTOIDS

- The barbell bench press primarily works the pectoralis major (chest). Other muscles which assist in moving the barbell during a bench press are other muscles of the chest, triceps, and shoulders.

NOTE

The BB bench press is a staple chest exercise but remember technique must come first and weight second.