

## 30° INCLINE CHEST PRESS BB

START



MIDDLE



END



- Select correct Barbell weight
- Lean back on an incline bench at 30° to 45° angle
- Feet flat on the floor
- Position your back against the bench with a slight arch
- Hold the bar with a medium wide grip
- Raise the bar off the rack and hold it right above your upper chest with arms straight
- Do not start down immediately with it, hold it at the top for just a second and get oriented

- Lower the weight slowly
- Touch the upper chest or top of the chin
- Do not touch the nipple area, this is too low!
- Pause for a brief moment to avoid bouncing the weight off your chest

- Press it back up to the top position, exhaling on the way up
- Keep your wrists straight and your elbows beneath your wrists with your arms tucked at a 45-degree angle
- Do not keep your elbows back this puts maximum stretch on the pecs and serious stress on the shoulder joint
- Repeat and STAY FOCUSED!!

### MUSCLES TARGETED

#### PECTORAL, FRONT DELTOIDS & TRICEPS

- The deltoids and pectoral muscles work to horizontally adduct the upper arms during the upward phase
- The triceps are also worked to extend the elbow joints to fully extend the arms

#### NOTE

*Your arms should be in a 45° angle tucked to the sides. This technique places more emphasis on the pec and triceps muscles rather than the shoulder joint which avoids undue stress on the entire shoulder area and helps prevent serious shoulder injuries. Also, when you incline do not raise your butt off the bench, as it makes the incline press a flat press.*