

## Bench Press Lifting Technique

- ❑ A bench press and a plate loaded barbell is required
- ❑ The bar is loaded with the desired weight
  
- ❑ Exercise Start Position
  - The lifter assumes a standard supine position on the bench with a 5-Point body contact.
    - Head
    - Shoulders/upper back area
    - Buttocks firmly and evenly on bench
    - Right foot flat on floor
    - Left foot flat on floor
  - Eyes directly under bar
  - Closed pronated grip slightly wider than shoulder position
  - Move bar out of rack with elbows fully extended (each subsequent repetition begins from this position)
- ❑ Exercise Downward Movement
  - Lower bar slowly and under control
  - Elbows move past torso and slightly away from body
  - Wrist are ridged and forearms are perpendicular to floor
  - Lower bar to lightly touch chest
  - Maintain 5-point contact
- ❑ Exercise Upward Movement
  - Press bar upward and slightly back
  - Maintain 5-point contact
  - Maintain rigid wrist and forearms perpendicular to floor
  - Press bar until elbows are fully extended (do not forcefully lock elbows)
  - At the completion of the set return bar to rack maintaining 5-point contact and grip until bar is securely on supporting pins or ledge
- ❑ Record number of technique correct repetitions
- ❑ Predict 1RM using equations.

**Modified from the National Strength and Conditioning Association Certification Commission.  
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