

Level Six: Barbell Bench Press Variations

The progression from dumbbell to barbell is again based on the fact that stability and control will result in greater technique and therefore progression.

1. Flat Olympic Bench
2. Incline Olympic Bench



Target Muscles

Primary Muscles:
pectoralis major, anterior deltoid, triceps

Secondary Muscles:
rectus abdominus, transverse abdominus, bicep brachii, erector spinae, glutes

Teaching Points

- Lie on the bench with your glutes and shoulder blades touching the bench, feet flat on the floor
- Head should be positioned so the barbell is situated above the bottom of the neck
- Take grip of the bar, with an overhand grip, wider than shoulder width
- Grip should be positioned so when lowering the bar the wrists and elbows are aligned
- Push the bar off the rack and bring forward several inches
- Under control lower the bar down to the middle of the chest
- Pause and then push back to the start position

Look out for: head coming up off the bench, range of movement in one arm different to the other, keeping feet flat on the floor, avoid thrashing the legs around

