
Level Six: Standing Barbell Press

As with the standing dumbbell press knowing there is stability on both sides the bar will travel symmetrically



Target Muscles

Primary Muscles: anterior deltoid, triceps brachii, trapezius

Secondary Muscles: lateral deltoid, supraspinatus, transverse abdominus, rectus abdominus, erector spinae



Look out for: range of movement at one shoulder different to the other, arching the back, spinal alignment, moving the hips forwards / backwards to help with the lift

Teaching Points

- Start with the barbell resting on a squat rack at chest height
- Step into the bar, take a pronated grip, slight bend at the knees, barbell across collar bone, extend to stand and take step back
- Position feet shoulder width apart, engage core, spine straight, head facing forwards
- Push the bar up above the head (avoid flexing the core), push the bar directly up and above the centre line of the body
- Pause, under control bring the bar back down to shoulder height and repeat

Placing one foot on the bench (bottom pictures) takes some of the strain away from the back which prevents arching

