

EXERCISE

Bench Press

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This is the bench press which is lying on the bench pushing up with a weighted bar.

The areas that we are working are the upper body. The primary muscles are the chest; front head of the shoulders and the triceps.

Once your client is in a seated position, we'll get them set up onto the bench.

So Dom, if you can lie yourself back, make sure that your head is clear of the bar. First place your hands onto the bar and pull yourself under. Ideally, the nose should be just in line with the bar. Once we're in that position, make sure that the feet are grounded.

Okay, we want a nice stable base in this position. Make sure that the back is nicely comfortable in position. Also - the hand position - we want to try and feel that they are just outside of shoulder width.

The bar is mostly smooth but towards each end it becomes rough and gnarled. In the middle of that rough area, there is a smooth ring. So that's a good reference point - place the thumb on that point.

Once we're comfortable, wrap the hand round and when you're in position, grip the bar and assist it off the J hooks. The chest should be in line with those "J" hooks.

Make sure then you give the client a call – ready. They punch the bar up towards the ceiling and then slowly lower the bar towards the chest, stopping as the elbows just go past the shoulder joint and then drive and accelerate away from the body again.

Try to keep the bar path over the chest and try to keep that bar path in a nice straight line.

Some coaching points that you might need to look at are breathing. As they're coming down nice and controlled - breathing in. And then as they drive the bar away - breathing out, What we also might need to look at is the tempo. We want it to be nice, smooth and controlled.

So lowering back to the chest. So up to two to three seconds. Brief pause and then accelerate away.

Just do two more for me, Dom

Always be on hand just in case anything goes awry. Maybe the bar goes a little bit further away from the body. If so, then place your hands underneath it and pull it back to the J hooks.

Okay. Thank you Dom.

Main Muscles Involved

- Pectorals
- Anterior Deltoids
- Triceps

