

Execution of the Bench Press

- 1.) Lay on the bench so your nose is under the bar. Set your feet up 8-16" (dependent on leg length & comfort) away from your butt. Your entire foot should be on the ground, if you have limitations in mobility or a Marine is short, you can put plates under their feet bringing them closer to the ground. Start with 45 lbs plates and lower if needed.
- 2.) Grab the bar slightly outside your shoulders evenly on the bar. Adjust for arm length & comfort (longer arms wider, shorter Marines closer). Understand bringing your hands in closer increases the distance you have to press and uses more triceps, and a wider grip decreases the distance but can put excessive strain on the shoulder joint.
- 3.) Find your 5 points of contact (head, shoulders, butt, both feet), maintain them throughout the entire lift. Once you have your grip on the bar you need to create tightness from the floor to your arms. Screw your feet into the ground just like on a squat, you should be pushing your feet into the ground engaging your glutes. Maintain the 5 points of contact create an arch through your middle back and hips locking your core (low back in place).
- 4.) Take a big breath into your entire ribcage, pushing air out into your stomach this will brace your core and limit excessive arching through your low back. Before un-racking the bar, with straight arms try to bring your elbows towards your spine, this will engage your lat muscles and lock your shoulders in place. Un-rack the bar and bring it over your chest.
- 5.) Prior to the descent of bench make sure you have tension from your feet up into your arms. Lower the bar just above your xiphoid process allow your elbows to track slightly away from your ribs. This will put a stretch on your lats which will help slingshot the bar back up.
- 6.) Once you make contact with the bar drive your feet into the floor, maintaining your butt on the bench drive with your hips by pushing yourself away from the bar. After completing the rep breathe out and repeat this process for the prescribed reps.