

# LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## THE DEFINITIVE GUIDE TO INCREASING YOUR BENCH PRESS



There's a reason why every well-designed weightlifting program includes the bench press as one of its core exercises.

**The fact is the bench press is one of the best all-around upper body exercises you can do, training the pectorals, lats, shoulders, triceps, and even the legs to a slight degree.**

The first thing you need to know is, although it looks simple enough, the bench press is a fairly technical movement. If you don't know what you're doing, you'll eventually hit a plateau...if you're lucky enough to avoid injury.

## **HOW TO BENCH PRESS WITH PROPER FORM**

### **The Proper Bench Press Setup**

A good setup precedes a good bench press, and the equipment you use has a significant impact on this.

First, stay off the Smith Machine if at all possible. When it comes to bench pressing, the main drawback of using the Smith Machine is it produces smaller gains in muscle and strength than the free-weight bench press.

The Power Rack is your best friend. The safety arms are what make it so useful. Set them at the right height and they will catch the weight when you fail.

While we're talking equipment, let's talk benches and barbells. You want to make sure your bench is large enough to support your entire upper back and remain stable while you press (12" wide is a good rule of thumb). You might think a barbell is a barbell, but I recommend you pony up for a high-quality bar with sleeves that can spin independently of the bar. That is, the plates should be able to rotate without torquing the bar, which can put a lot of strain on your wrists.

### **How to position your body properly for the bench press.**

Once you have your equipment ready, it's time to get your body in the right position to press.

**01.** Lie down on the bench and adjust so your eyes are under the bar.

02. Raise your chest up and tuck your shoulder blades down and squeeze them together. You should feel tightness in your upper back, and you want to maintain this position throughout the entire lift.

03. Grab the bar with your hands slightly wider than shoulder-width apart. Hold the bar low in your hands, closer to your wrists than your fingers, and squeeze it as hard as you can. Your wrists should be straight up and down, not cupped (bent toward your head). This prevents wrist pain. You want your forearms to be as close to perpendicular to the ground as possible.

04. Slightly arch your lower back and plant your feet on the ground, directly under your knees, shoulder-width apart.

05. Unrack the weight by straightening your arms and then moving it horizontally until it's directly over your shoulders.

You're now ready to press.

Set up the same way every time you bench press, whether you're just warming up or going for a PR.

**How to descend properly:** you want your elbows at a 50- to 60-degree angle relative to your torso. This protects your shoulders from injury and is a stable, strong position to press from.

Keeping your elbows tucked and in place, lower the bar to the lower part of the middle of your chest, around your nipples. Yes, the bar should touch your chest—no half-repping!

**How to ascend properly:** although it's called the bench press, it's better to think of the ascension as pushing rather than pressing. The bar should move up with a slightly diagonal path, moving toward your shoulders, ending where you began: with the bar directly over your shoulders, where it's most naturally balanced.

**How to rack the bar properly:** finish your rep with the bar directly over your shoulders and your elbows locked and then shift the bar horizontally into the uprights.

## **BENCH PRESS VARIATIONS**

### **THE DUMBBELL BENCH PRESS**

While it's not a direct replacement for the barbell bench press, the dumbbell bench press is a worthwhile exercise.

## THE CLOSE-GRIP BENCH PRESS

When doing a close-grip bench press, your grip should be slightly narrower than shoulder-width and no closer.

## THE INCLINE BENCH PRESS

When doing this exercise, the angle of incline in the bench should be 30 to 45 degrees.

## THE DECLINE BENCH PRESS

A common argument made for doing decline presses is working the lowest portion of the pectoralis major.

## THE REVERSE-GRIP BENCH PRESS

The reverse-grip bench press involves flipping your grip around on the bar (so your palms face you) and not only is it easier on your shoulders but it also is particularly effective for targeting the upper chest.

### 10 SCIENTIFICALLY PROVEN WAYS TO INCREASE YOUR BENCH PRESS

- ✓ Get in the right state of mind
- ✓ Lift heavy ass weights
- ✓ Lift explosively
- ✓ Pull the bar down and apart
- ✓ Bench press more frequently
- ✓ Vary the width of your grip
- ✓ Make sure you're eating enough
- ✓ Do rest-pause sets
- ✓ "Microload" your weights
- ✓ Build stronger supporting muscles

## **A SIMPLE AND EFFECTIVE BENCH PRESS WORKOUT**

### **Day 1:**

Incline Barbell Bench Press: Warm up and 3 sets of 4 – 6 reps (80 to 85% of 1RM)

Incline Dumbbell Bench Press: 3 sets of 4 – 6 reps

Flat Barbell Bench Press: 3 sets of 4 – 6 reps

### **Day 3:**

Close-Grip Bench Press: 3 sets of 4 – 6 reps

### **Day 4:**

Flat Barbell Bench Press: 3 sets of 8 – 10 reps (70 to 75% of 1RM)

Seated or Standing Military Press: 3 sets of 4 – 6 reps

Rest 3 to 4 minutes in between each set. Once you hit the top of your rep range for one set, you move up in weight.

Real science. Real supplements. Real results.  
Get the results you want when you shop our line of bodybuilding,  
pre-workout and weight loss stacks and supplements.

**[Shop Supplements Here](#)**

**YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.**