

BENCH PRESS TECHNIQUE

- ❑ **PINKIE ON RING SQUEEZE BAR TIGHT**
- ❑ **CHEST UP SHOULDER BLADES TOGETHER AND DOWN**
- ❑ **FEET SHOULD BE PLACED SO KNEE JOINT IS LOWER THEN HIP JOINT**
- ❑ **BAR SHOULD BE PULLED OUT OF HOOKS NOT PRESSED OUT**
- ❑ **BRING BAR OUT PAST YOUR NIPPLE LINE**
- ❑ **LOWER BAR, ELBOWS SOULD BE TUCKED IN**
- ❑ **BAR SHOULD TOUCH CHEST BELOW NIPPLE LINE**
- ❑ **BAR SHOULD TRAVEL UP AND SLIGHTLY BACK**
- ❑ **BUTT AND UPPER BACK MUST STAY ON BENCH THROUGH OUT THE LIFT**