

# Bench Press

- Lay down on the bench and line up your eyes underneath or slightly in front of the bar.
- Bring your shoulder blades together and down.
- Position your hands on the bar by placing your pinky on the ring of the bar (this will vary for from lifter to lifter).
- Place your legs in a position where it will allow your knee joint to be lower than your hip joint ( it will take some trial and error to find out what works).
- When unracking the bar you want pull the bar out of the hooks. This will allow you to keep your scapula in the right position and utilize your lats to lower the bar.
- Once the bar is unracked you want to bring it out close to over your sternum.
- Lower the bar down with control. Touch your body with the bar then press it back up. You want to push yourself away from the bar as it travels up to help you keep your scapula in the correct position.
- Lock your elbows out to finish the lift then re rack the bar
- Keep your butt on the bench.