

Bench Press Checklist

Key Points

- 1.Slightly wider than shoulder-width grip.
- 2.Begin with arms extended, bar over the chest.
- 3.Shoulders remain in contact with the bench.
- 4.Elbows move closer to the hips than the shoulders.
- 5.Bar lowers to the bottom of the chest.
- 6.Forearms remain vertical.
- 7.Complete at full arm extension.



WorkoutLabs.com

Perfect reps (10)

Spotter Responsibility:

- _____

- _____

- _____

Muscles Worked:

- _____

- _____

- _____

Coaching Cues:

- _____

- _____

- _____