Bench Press

Pectoralis Major
(Chest)

Deltoids
(Shoulders)

Triceps

Lie on the bench and place your hands wider than shoulder width apart on the bar. The Olympic bar in the picture weighs 45 pounds unloaded. Notice the two line markers on the bar. Place your hands inside of these markers. Always use collars and a spotter when performing this exercise.

Carefully move the bar off of the safety rests. Place the bar directly over your shoulders. Keep your elbows straight but not locked. Inhale and slowly lower the weight to touch the midline of your chest. Exhale and press the weight up to the starting position. When you have completed your set, carefully return the bar to the safety rests.