

Barbell and Bench Chest Press

This exercise targets the chest, shoulder, and triceps muscles. Pressing with a barbell forces a closed-chain action of the arms that may enable the lifter to move heavier loads than with dumbbells but also inherently adds shearing and compressive forces that can stress and increase wear on the shoulder joints. These forces are further increased when using improper hand positioning, increased range of motion, faster tempos, and heavier loads. Technique, goal determination, and risk-to-benefit assessment

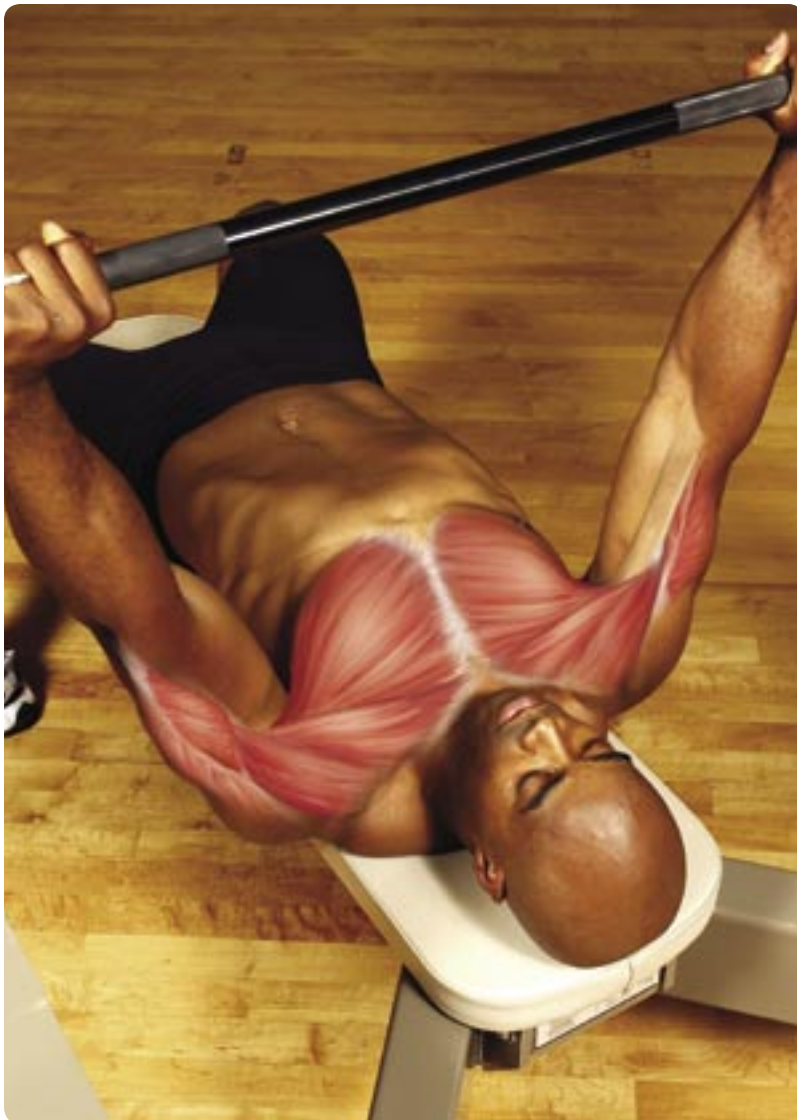
should be carefully considered when selecting loads and prescribing volume for this exercise.

Target Muscles

Sternal pectoralis major, clavicular pectoralis major, anterior deltoid, triceps

Joint Motions

Shoulder horizontal flexion, elbow extension



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Alignment and Positioning

1. Lie supine on a bench, with good posture and with the feet braced firmly on the floor or on a step.
2. Retract the shoulder blades slightly together, and place the hands on the bar at a width that will create a 90-degree angle at the elbow when the upper arm is parallel to the floor.
3. Begin with the bar over the chest, the elbows pointed out, the wrists straight, and the core and trunk muscles contracted.



Motion and Stabilization

1. Begin to inhale. Slowly lower the arms and the bar while keeping the elbows under the bar and maintaining pelvic-spinal positioning.
2. Continue to lower the bar down until the upper arm is about parallel with the floor, with the hands just inside the elbows.
3. Hold, slowly begin to exhale, activate the core, and press the arms and the barbell back to the starting position while maintaining proper posture and scapular positioning.

