

## Performing the Bench Press (BP)

<b>Beginning</b>	<b>Progressing</b>	<b>Proficient</b>	<b>Advanced</b>
<p><b>Getting Ready:</b>            Prone on Bench            Feet on floor, Gluts, Shoulder blades and Head on Bench            Head below bar shelf</p> <p><b>Downward Phase:</b>            Lower bar under control            Maintain body position described above            Breath in            Touch bar to chest(middle of sternum)</p> <p><b>Upward Phase:</b>            Push bar to full elbow extension over eyes            Maintain body position            Exhale</p>	<p><b>Getting Ready:</b>            Head too close to bar rack            Grip width (too narrow/wide/uneven)</p> <p><b>Downward Phase:</b>            Bar too high/low on chest            Moving body            Bouncing bar on chest            Not touching chest</p> <p><b>Upward Phase:</b>            Feet move            Moving body            Uneven lockout</p> <p><b>Rack:</b>            Slam bar to rack</p> <p><b>Other:</b>            Weight too heavy            Spotters grab bar from lifter            Not paying attention            One handed spot            Only use finger tips</p>	<p><b>Beginning Position:</b>            Lie face up on bench            Position feet flat on floor            Position head, shoulders and gluts flat on bench            Head should be below edge of the bar shelf            Grasp bar with a closed, pronated grip            Signal spotter            Move bar off shelf            Position bar over eyes, elbows fully extended</p> <p><b>Downward Movement phase:</b>            Lower bar slowly and under control            Maintain body position on bench, feet on floor            Keep wrists straight            Lower bar to chest</p> <p><b>Upward Movement Phase:</b>            Push bar up to full elbow extension and bar is over eyes            Maintain body position on bench, feet on floor            Do not arch the lower back            At the completion of set, signal spotter            Move bar to bar shelf            Keep grip on bar until racked</p> <p><b>BREATHING:</b>            Inhale during the downward movement phase            Exhale through the sticking point of the upward movement</p>	<p>Can work on the Dumbbell bench, scoops, or Dumbbell fly</p>

## Standard: Performing the Incline Bench Press (INBP)

Beginning	Progressing	Proficient	Advanced
<p><b>Getting Ready:</b> Lying flat on bench Feet on floor, Gluts, Shoulder blades &amp; Head on Bench Bar above the head</p> <p><b>Downward Phase:</b> Lower bar under control Maintain body position on bench Breath in Touch bar to chest(middle of sternum)</p> <p><b>Upward Phase:</b> Push bar to full elbow extension over eyes Maintain body position Exhale</p>	<p><b>Getting Ready:</b> Head too close to bar rack Grip width (too narrow/wide/uneven)</p> <p><b>Downward Phase:</b> Bar too high/low on chest Moving body Bouncing bar on chest Not touching chest</p> <p><b>Upward Phase:</b> Feet move Moving body Uneven lockout</p> <p><b>Rack:</b> Slam bar to rack</p> <p><b>Other:</b> Weight too heavy Spotters grab bar from lifter Not paying attention One handed spot Only use finger tips</p>	<p>Beginning Position: Position feet flat on the floor. Head, shoulders, and gluts flat on the bench Grasp bar with pronated grip Move bar off bar shelf to fully extended elbow position Position bar over clavicles / upper chest</p> <p>Downward Phase: Lower bar slowly and under control Maintain body position on bench, feet on floor Keep wrists straight Lower bar to touch upper chest below the clavicles</p> <p>Upward Phase: Push bar up to full elbow extension Do not arch lower back Move bar to bar shelf Keep grip on bar until racked</p> <p>BREATHING: Inhale during the downward movement phase Exhale though the sticking point of the upward movement phase</p>	<p>Progress to Dumbbell incline, or scoops</p>

## Standard: Performing the Military Press

<b>Beginning</b>	<b>Progressing</b>	<b>Proficient</b>	<b>Advanced</b>
<p>Beginning Position:            Position feet flat on floor            Grasp bar with a closed, pronated grip but hands are uneven            Signal spotter            Holding bar too low on chest            Not moving away from the bar shelf and hitting it</p> <p>Upward Movement Phase:            Push bar up to full elbow extension            Maintain body position            Do not arch the lower back            Bar moves away from body</p> <p>Downward Movement phase:            Lower bar without control            Back arched            Wrists bent            Lower bar to collar bones</p> <p>BREATHING:            Inhale during the downward movement phase            Exhale through the sticking point of the upward movement</p>	<p>Beginning Position:            Position feet flat on floor            Grasp bar with a closed, pronated grip            Signal spotter            Position bar on shoulders across collar bones            Move bar off shelf</p> <p>Upward Movement Phase:            Push bar up to full elbow extension and bar is away from head            Maintain body position            Do not arch the lower back            Bar should be directly over your head</p> <p>Downward Movement phase:            Lower bar slowly and under control            Maintain body position            Keep wrists straight            Lower bar to collar bones</p> <p>BREATHING:            Inhale during the downward movement phase            Exhale through the sticking point of the upward movement</p>	<p>Beginning Position:            Position feet flat on floor            Grasp bar with a closed, pronated grip            Signal spotter            Position bar on shoulders across collar bones with the elbows up            Move bar off shelf and stop away from the rack</p> <p>Upward Movement Phase:            Push bar up to full elbow extension and bar is over head            Maintain body position            Do not arch the lower back            Bar should be directly over your head</p> <p>Downward Movement phase:            Lower bar slowly and under control            Maintain body position            Keep wrists straight            Lower bar to collar bones</p> <p>BREATHING:            Inhale during the downward movement phase            Exhale through the sticking point of the upward movement</p>	<p>Progress to Dumbbell military, push press, jerk</p>