

# FLAT BENCH PRESS



1. Stack a racked barbell on a **Flat bench press** then lie down underneath it while holding it at a shoulders width grip. Lift the bar off the rack and hold it right over your chest (nipple line) with your arms fully extended and your elbows locked. This will be your starting position.
2. Slowly start lowering down the bar until it touches the lower part of your chest (nipple line) while keeping the weight under full control.
3. Start pressing the bar all the way back up again until your arms are fully extended with the weight by squeezing in your chest muscles as hard as you can. Ideally, lowering down the weight should take about twice as long as raising it.
4. Repeat this motion for the recommended amount of repetitions.

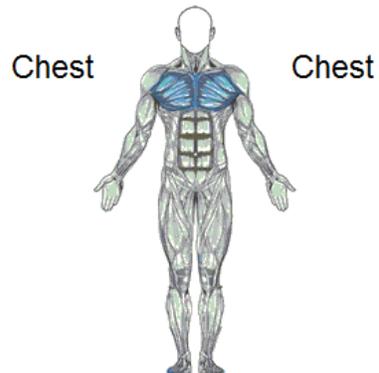
**CAUTION:** NEVER use a heavy loaded barbell when performing this exercise to avoid getting any shoulders, wrists and/or elbows injury. A proper stacked barbell that is not too heavy should have you mostly engage your chest muscles -as it should- instead of having you rely on your arms and/or shoulders to perform this exercise. Lower down the weight stack on the bar if you ever felt that your arms and/or shoulders are being more engaged than your chest muscles -which should be the main muscle group you're targeting. It is normal for you to also feel a slight burn in your forearms due to the effort being done to hold onto the bar the entire time while performing this exercise.

## ALTERNATIVE EXERCISES:

[Flat Bench Dumbbell Press](#) / [SMITH Machine Bench Press](#) / [Machine Lying Chest Press](#) / [Machine Chest Press](#) / [Proper Push-Ups](#)

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## PRIMARY MUSCLE

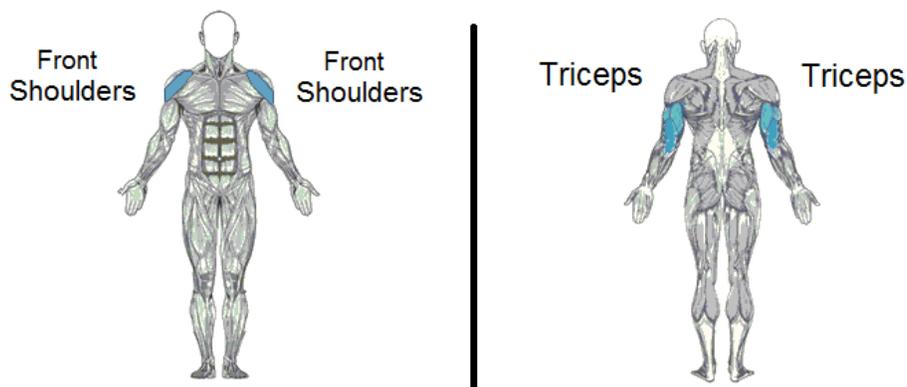


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.

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