

# SMITH MACHINE BENCH PRESS



1. For this exercise you will need a **SMITH Machine**.
2. Place a flat bench right underneath the SMITH Machine and make sure it's centered, then place the barbell to a height that you can reach once you're lying down underneath it with your arms almost fully extended when holding the bar. Now stack the bar on the SMITH Machine with your desired weight to be used, then lie down on the bench while holding the bar at a shoulders width grip. Unlock the bar then lift it off the rack, with your arms fully extended and your elbows locked while making sure that the bar is on the same line as your lower chest (nipple line) and not over the front of your shoulders. This will be your starting position.
3. Start lowering the bar all the way down until it touches the lower part of your chest (nipple line) while keeping your chest muscles fully engaged and while being in full control of the weight.
4. Now start pressing the bar all the way back up to it's starting position until your arms are back to being fully extended with the weight, while squeezing in your chest muscles as hard as you can. Ideally, lowering down the weight should take about twice as long as raising it.
5. Repeat this motion for the recommended amount of repetitions.

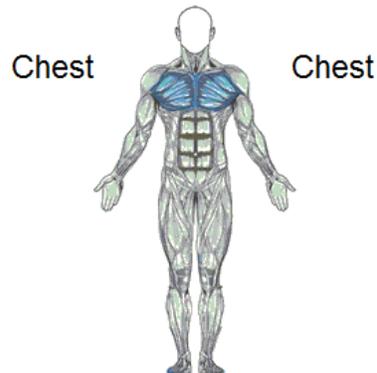
**CAUTION:** Never use a heavy loaded barbell when performing this exercise to avoid getting any shoulders, wrists and/or elbows injury. A proper stacked barbell that is not too heavy should have you mostly engage your chest muscles -as it should- instead of having you rely on your arms and/or shoulders 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. Be **VERY** careful when unlocking/locking the bar before and after use for maximum safety and to avoid any injury.

## **ALTERNATIVE EXERCISES:**

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

# SMITH MACHINE BENCH PRESS

## PRIMARY MUSCLE

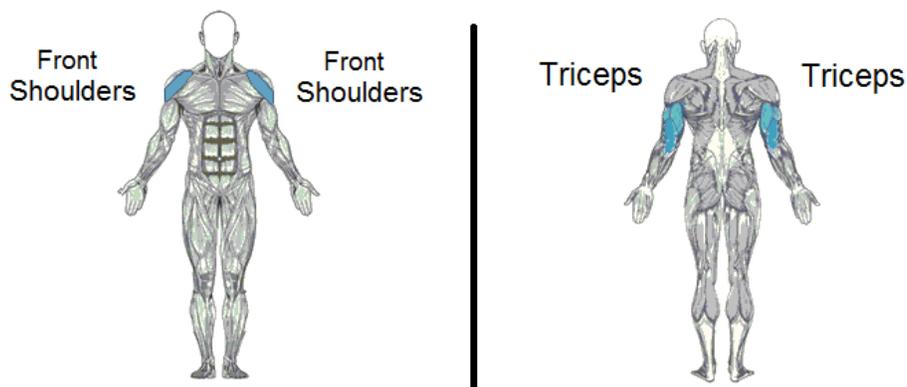


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

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

---

## 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.

# SMITH MACHINE BENCH PRESS



**# YOUR\_BEST\_STARTS\_HERE**

[www.fitnesslegacy.net](http://www.fitnesslegacy.net)