

Bench Press



Muscle Group: Shoulders (pectorals, deltoids) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbell or barbell

Instructions

1. Choose a set of weights that you feel comfortable using and sit on a weight bench or on the ground.
2. Slowly lay back and bring the weights down towards your chest with your elbows bent.
3. Push the weights up towards the ceiling until your arms are fully extended and pause at the top.
4. Slowly bring the weights back down towards your chest, then push back up.
5. Repeat this 10 times (3 x 10).

Tips & Modifications

- Make sure movements are slow and controlled.
- More experienced or advanced lifters may consider using a bench with a barbell rack.
- Keep elbows extended without locking them out.
- For more arm control, lay on the ground instead of a weight bench.
- Beginner Tip: Start with 3-5lbs weight and adjust as needed.



Click here or scan the QR Code below to watch video instructions!

