

Bench Press – Form Checklist

- Ensure bar evenly loaded, collars in place
- Athlete lies on bench, eyes under bar
- Grip bar slightly wider than shoulder width, evenly spaced
- Body and head rest on bench throughout exercise
- Legs placed on each side of bench
- Feet flat on floor
- Bar lifted off rack in controlled manner
- Bar over upper chest, elbows locked, and grip tight
- Bar lowered to chest in controlled manner, close to nipples
- Momentary pause
- Bar driven up to starting position in even manner
- Head position maintained and hips kept on bench throughout
- Athlete should not arch, twist body, or move feet
- Return bar to rack in controlled manner