Title: Barbell Bench Press / Chest Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Shoulders, Triceps

Summary: <ol>

<li>Position yourself with your back down on a flat bench placing the hands up on the bar using an underhand grip slightly wider than shoulder width apart.</li>

<li>After taking a deep breath in, extend the elbows and lift the bar up off the rack until elbows are extended but not locked. Pause for a brief movement as you fully extend your breath.</li>

<li>Lower the weight directly down to the chest as you breath inwards, keeping the movement pattern slow and steady.</li>

<li>Once just above the chest, pause, and then press directly up again, exhaling your breath.</li>

<li>Continue until all reps are completed and then re-rack the barbell.</li>

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