Title: Incline Barbell Bench Chest Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Set up an incline bench in front of a weight rack, making sure you adjust the incline to a comfortable position. The back of the bench should be facing the weight stack.</li>

<li>Sit on the bench placing your back firmly against the backrest.</li>

<li>Using an overhand grip, grasp the bar with your hands spaced about twice your shoulder width apart.</li>

<li>Lift the bar from the rack by pushing up with your chest muscles and hold it straight over your chest with your arms fully extended. This is the start position.</li>

<li>As you inhale, lower the barbell slowly until it touches your upper chest.</li>

<li>Hold for a count of one while squeezing your chest muscles.</li>

<li>Return to the start position as you exhale, pushing the bar using your chest muscles. Hold for a count of one.</li>

<li>Repeat.</li>

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