Title: Incline Close-Grip / Bench Presses

Primary Muscle Groups: Chest, Triceps

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">On the incline bench, lay down and ensure that your back is in a fixed, non-arching, position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Firmly take hold of the barbell at a slightly-less-than-shoulder-width grip. Remember, you’ll be working with less weight than a standard, flat bench press.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower the bar down towards your nipple line and allow the barbell to drop no farther than one inch from your chest. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Drive the weight back upwards using a combination of triceps and chest strength.</span></li>

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