Title: Underhand Grip Barbell Bench Press

Primary Muscle Groups: Chest, Shoulders, Triceps

Secondary Muscle Groups: Abs, Biceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lie down on a flat bench with a barbell positioned at an appropriate height above you. Using an underhand grip, place your hands at or just outside of shoulder-width. Brace your core and keep your upper back flat against the bench.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push the barbell directly up. Once secured, slowly lower it towards the chest. Make sure that your elbows do not flare out. Focus all of the tension in the chest.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once the barbell is near your chest, pause and push the bar back up to the starting position.</span></li>

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