 Instructions

1) Position yourself at eye level with the barbell. Open your legs at a 45-degree angle.

2) Most of your back must **touch** the seat during bench press. A big arch like this, although it is being used at powerlifting, is for a shorter range of motion that doesn’t have the highest chest muscles activation.

图片包含 运动, 设备, 室内, 草

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3) Grasp the barbell with a wider than shoulder-width grip, wrapping thumbs around the bar. Hold the barbell at arm's length above your upper-chest area. (1\*)

4)  A spotter will help you with unloading the weight.

1. During the eccentric phase inhale.

2. The isometric position is the hardest one requiring your maximal effort.

3. During the concentric phase you will have to exhale and try to push as much as you can.

4. You succeed in the lift once you reach the point that you started from in fully flexed arms.图示

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5)  In case you can’t move from the isometric position the spotters will intervene. Avoiding injury is our priority. Thanks for your cooperation!

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| --- | --- | --- | --- |
| SETS | Weight of the barbell | Repetitions | Rest time |
| Warm-up set | Empty bar | 10 | 1 min |
| Normal set | 70% of 1RM | 8 | 10 mins |
| Set with music and instruction | 70% of 1RM | 8 |  |

I am not sure whether 70 % 1RM 20 reps is a little bit too much for testers.

So, I think 8reps might be a better choice.

We cut the first 2 and last 2 reps so we still get 4 reps to play with.

|  |  |  |
| --- | --- | --- |
| name | 1RM | 70% 1RM |
| Jin | 85kg | 60kg |
| Kevin | 80kg | 55kg |
| Jitse | 80kg | 55Kg |
| Macro | 85kg | 60kg |
| Dimitris | 90kg | 65kg |