

MASTER TECHNIQUE: FLAT BENCH PRESS

The flat bench is the recommended equipment of choice, as it targets the largest area of your chest.

Variation 1: Flat Bench Press (Using Barbell or Smith Machine)

The flat bench with a barbell tends to result in greater muscle activity.¹¹ However, the Smith machine, or any machine that guides the bar, eliminates human error and that's why we prefer it.

1. Start



Weight position

Let the bar hit the middle of your chest.

Arm position

Keep your elbows close to your body.

2. Finish

Weight position
Push the bar upward.



Arm position
Keep the angle between your torso and upper arms slightly below 90°.

Back position
Keep your low back in its natural position. *Avoid* arching excessively.