

The Benchpress

The benchpress starts with the athlete lying flat on a bench with eyes looking directly up at a bar and weights. Feet are flat on the floor and, head and buttocks must remain flat on the bench. The athlete will bring the bar to full arms extension and then to the chest and return to full arms extension. The benchpress is mostly an upper body exercise using primarily the muscles of the chest, triceps and shoulders.

Rules for the Benchpress: Athlete is prone on bench with feet flat on floor, buttocks and head flat on bench (may use boxes under feet).



Figure iv: Athlete at the top of the benchpress

- Fingers closed around bar
- Bar at arms full extension and motionless– command “Start” is given



- Brings the bar to the chest and when motionless, the command “Press” is given.



Figure v: Athlete at the bottom of the benchpress

- Pushes the bar to arms full extension (without going down) until motionless



Figure vi: Athlete returning to the top of the benchpress

- The command “Rack” is given.
- All of the above must be done with no raising of the head, buttock or feet.

