

Fitness Focus!

MAGNUM BREAKER OLYMPIC FLAT BENCH

Meet the Magnum Breaker Olympic Flat Bench! This bench press features unique pivoting uprights to provide the ideal start position and ease strain on your shoulders.

How to use:

1. Secure your selected weight plates with bar collars.
2. Lay down on the bench and grip the bar.

How to set up your grip!

- Lay down on the bench with your arms straight in front of you.
- Pull your elbows back until they make a 90-degree angle.
- Bring your elbows in towards your sides until your thumbs line up with your lower chest.
- The space between your hands is your ideal grip distance on the bar!

Gripping the bar narrow will engage your triceps more and by gripping the bar too wide, reduces the range of motion your chest goes through

3. Before we unrack, we want full body tension. Walk your feet back underneath your knees and plant them firmly into the ground. Use your quads to press your feet into the ground and engage your glutes to drive your knees out. Then, activate your lats by pulling them down towards your hips.
4. You want to create a slight arch in your upper back as this can help make the bench press feel more comfortable on your shoulders and may help you hit more chest fibers. This should create some space between your back and the bench.
5. Straighten your wrists by pointing your knuckles to the ceiling.

It is now time to unrack the weight. This is where most people lose all their tension and mess up their bench press before they've even started!

6. Bring the bar forwards until it hits the stopper. The bar should now be inline with your upper chest. Fill your



lungs with air while keeping the tension in your muscles, squeeze the barbell and lift it off the rack. Once you lift the bar, the uprights will return to their original start position.

7. When pressing, the bar should not travel straight up and down! This form can aggravate your shoulders. Focus on pulling the bar down towards your lower chest while squeezing your shoulder blades. Your elbows will bend. To avoid tucking your arms to close to your body think about having your body arrow shaped instead of "T" shaped. This means having your arms between a 45 to 70-degree angle.
8. At the bottom of your press, your wrists should be stacked over your elbows. If they do not, rerack and try narrowing or widening your grip.
9. Drive the bar back up towards your head as you exhale with tight lips. Think about pulling your biceps in as if you were trying to touch them together.
10. To rerack the bar, ensure it is lined up to the same hook on each side before slowly lowering the bar down.