

Skill

The Bench Press

Visual Description: Laying flat on a bench with feet planted firmly into the ground, grip bar so that fists are directly above elbows when bar is descended to chest. Control bar down to nipple level on chest and explode up using the pecs, triceps, and front deltoids.

Movement Sequence:

1. Lie flat on bench with feet flat on ground.
2. Grip bar comfortably, slightly wider than shoulder width.
3. Lift off rack, hold and stabilize bar, focus.
4. Control bar downward toward chest
5. Gently tap chest in line with nipples
6. Explode bar up contracting pecs, triceps, front deltoids
7. Keep back flat on bench and feet flat on floor during lift
8. Lift until arms are straight, rack or continue reps

Verbal Cues:

Lie flat
Grip*
Lift off
Control down*
Tap
Explode*
Back & feet flat
Straight arms*

Task Complexity Variables:

Skill: Discrete - Serial

Learner: Beginner - Intermediate

Environment: Closed

Student	Grip	Control Down	Explode	Straight Arms