



10 Tips on How to Increase your Bench Press

1. Learn Proper form/ technique before loading the bar with heavy weights or testing a 1 rep max. Do not waste time doing pointless one rep maxes that are too heavy and you have a spotter who is doing the work. It is pointless. You need to move the weights not them.
2. Slow down the control of the eccentric (downward towards chest) portion of the reps. 1-2 seconds of control over the weight then explode up.
3. Focus on progressive overload in the rep ranges of 3-5, and 5-12 reps. Meaning each week you would work towards lifting heavier weights in those set rep ranges. A hard 3 rep set with 225 lbs will build much more muscle than a 1 rep set of 240 that is ugly.
4. Make sure you are eating enough to gain strength, make sure you eat before and after workouts. High Carbs before training for energy and High protein after training for recovery.
5. Focus on pause reps, bring the bar down slowly towards your chest, pause on the chest for a 2 second count, explode up. I would recommend doing sets of 3-6 reps on these and always push for more weight over time but using good form.
6. Do dumbbell work, do flat dumbbell presses and incline dumbbell presses, this will strengthen each arm individually and carry over to the bench press.
7. Put a good amount of work into training triceps: Rope push downs, dips, close grip bench, skull crushers etc. Strengthen those triceps for a more powerful bench, and stronger lockout.
8. Only spend about one hour to hour and half in the gym, and only bench press twice a week. More than that frequency you most likely won't progress. Monday / Thursday works or Tuesday/ Fridays. You need



adequate rest between sessions if you are truly training hard and pushing yourself.

9. Ask for a spotter, I bench 315 lbs x10 reps, and my best ever one rep is 390 lbs x 1. I always ask for a spotter because the weights I lift are so heavy I can push myself to my maximum effort each week if I do not have a spotter, YOU NEED TO PUSH EVERY WEEK TO PROGRESS!
10. **Do NOT Test 1 rep Max again until you follow all these steps for a minimum of 4-8 weeks, You should only test one rep max every couple months. Gain strength over time do not test it!**

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