



Movement Technique Primer: Barbell Bench Press

Complete 1 round of this circuit before your workout to practice and solidify the separate movement components of the Barbell Bench Press.

DB Bench Press [Parallel-Grip] x 10 reps



Empty-Bar Bench Press x 10 reps



BB Tempo Bench Press (5 sec down) x 10 reps



BB Bench Press x10 reps

