



Reverse Bench Press—What's All the Hype?

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Reverse Bench Press – Targeted Muscles

Bench Pressing is generally associated as a chest exercise. However, Reverse Bench Press is more than just a chest exercise—it truly strengthens the entire body if done in proper bench press form. If done properly, Reverse Bench Press strengthens

- Chest (upper & lower pectorals)
- Forearms
- Biceps
- Triceps
- Lats (Latissimus Dorsi)
- Traps (Trapezoids)
- Rhomboids
- Abdominals
- Gluts (Gluteus Maximus)
- Quads (Quadriceps)
- Hamstrings
- Calves

“What hype?” you may be asking yourself... and you would be right. There isn't much hype currently about Reverse Bench Press, but after researching this topic, I think there should be!

And here's why: **Clearly**, Reverse Bench Press is—or at least it SHOULD be the preferred style of Bench Press because while it is considered a “chest” exercise or an exercise that targets the “pecs” (pectoral muscles), it is an exercise that truly strengthens the whole body including not only the pecs but also the shoulders, forearms, triceps, traps (trapezoid muscles), lats (latissimus dorsi muscles), and rhomboids. Further, it can be argued that due to improved results from tightening upper and lower body muscles in isometric muscle contraction while doing the exercise, it also benefits the abs (abdominal muscles), glutes (gluteus maximus muscles), quads (quadriceps), hamstrings and calf muscles. Further, it is arguably a better exercise because it does not strain the shoulders like the regular Bench Press does, making it more comfortable to perform and thereby lessening the possibility for injury. Because it is a more comfortable exercise for the arms, shoulders and torso, it likely enables you to lift more weight, giving you faster results, whether you are trying to increase muscle mass or improve your strength.

According to many seasoned gym-goers and workout enthusiasts, the Reverse Bench Press is highly rated, recommended and practiced when it comes to efficacy and results. Here's the thing though: not many people KNOW about Reverse Bench Press and the benefits of it, and therefore, it remains underrated, under practiced and under-utilized...! Which is why I don't think there is enough Reverse Bench Press hype, and why it needs to be publicized—“**HYPED UP**”—all the more!



HIGH ROI!

“You get a LOT of bang for your buck—so to speak,” says Rufus Jones, Personal Trainer and Fitness Expert at 24 Fitness in Cerritos, CA.

“One exercise gives you great results quickly if done properly. It's one of the best exercises out there for pretty much everyone—if you are a beginner or a seasoned weight-lifting expert, if you are trying to strengthen your muscles and gain lean muscles or if you are trying to build muscle mass, Reverse Bench Press is the way to go to see results FAST.”

Reverse Bench Press

(Continued)



To get the maximum results from doing reverse bench press, you must pay attention and use proper bench press form. First, ensure your hands are correctly placed on the bar: they should be a little more than shoulder width apart with the index finger just inside the grooved rings on the bar. When pressing the bar up, your back, butt and head should all remain flat against the bench; if they lift, this is poor form and you likely are trying to lift too much weight. And finally, your grip should be firm but not overly so—just enough to stabilize your hold on the bar. Further, the “pressing” up motion on the bar should be out and up in a single, graceful, arching movement and held for three counts. Then the bar should be lowered back down toward the chest in yet another single, fluid motion—but the bar should not touch the chest—at the most, it should just lightly graze it but never rest the bar on your chest—and held for three counts. Repeat five to 12 times, depending on the weight you are benching and your goals (see Side Bar—“Proper Bench Press Form”), before being returned to its home cradle.

Therefore, anyone serious about their workout and especially getting fast results from their workout should incorporate the Reverse Bench Press into their regular workout routine.

To make sure you are getting the best results from your Reverse Bench Press exercises, you can consult a bench press program that can be easily found by searching on the Internet.

So, it is pretty clear to me and hopefully I have convinced you that one of the best exercises out there is the Reverse Bench Press!

Proper Bench Press Form

Whether you are seeking to bulk up and gain muscle mass, improve muscle tone or simply increase your strength, ensure maximum results by following proper bench press form, as outlined below.

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| Hands: | Reverse your hands so that your palms face up as you grasp the bar. They should be slightly wider than shoulder width apart and the index finger should be just inside the grooved grip-rings on the bar. |
| Grip: | Comfortable—not too tight, not too loose |
| Wrist: | Slightly bent in a 75-degree angle in line with forearm |
| Head, back & butt: | Flat against bench |
| Feet: | Flat on the floor *Variation: Bend knees and place feet flat on bench a few inches from buttocks |
| Upper & lower body: | Tightened in isometric clench |
| Extension: | Extend arms out and up in a singular, fluid motion with a slight arch above chest—hold for three counts |
| Retraction: | Bring arms down while keeping elbows naturally bent at sides without touching or just slightly grazing chest—hold for three counts |
| Reps: | For strength training and increased lean muscle—Three sets of 12 reps using lighter weight For increasing muscle mass—Three sets of 5 reps using VERY HEAVY weight |

“Very effective for whatever your goals are!”

**--Eli Adani, Intermediate Weightlifter,
Gold's Gym**