

Exercise of the week

Feet raised bench press

I think we do a great job at cueing and coaching good pelvic position when using standing based gym exercises. Equally, cueing the same position in supine in an unloaded state we also get it right.

However, when adding load to supine based exercises good pelvic form is often lost.

A great example of this is the bench press. Often when the load goes up so does load through the back as compensatory lumbar extension assists the lift. This is especially so when the feet are placed on the floor either side of the bench.

One easy way to reduce the effects of possible lumbar compensatory extension is to raise the feet to put the pelvis into posterior tilt and hence out of lumbar extension. This is shown in the picture below;

Feet raised bench press



One potential problem with the above technique is that athletes may feel less steady with the feet not placed on the floor and hence unable to shift as much load. This might be particular so the wider the athlete and/or the narrower the bench used.

To overcome the above problem plyo boxes can be used to allow athletes to push through the floor albeit in a better pelvic position. By putting the feet on boxes, positioned either side of the bench allows force to be applied through the feet and with a wider base of support, more force can be generated.

This technique is shown in the picture below and is better used when lifting increased loads.

Feet raised bench press: Plyo boxes



Have a blast and let me know what you think

Thanks for reading

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