

# Grab & Go Workouts

Presented by the Fitness Centers

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## Get Ready for the Bench Press Competition!

Name of Workout:	Bench Press Strength Builder
Primary Target Area:	Chest and triceps
Approximate Time:	~45-60 min
Skill Level:	Intermediate to advanced

Warm-up: 5 min on cardio machine of choice (moderate intensity)

Dynamic stretches to warm up the chest, shoulders, and triceps

### Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Flat Barbell Bench Press	4-6	4-6	2-3 min	Use 70-90% of 1-RM
Declined Dumbbell Bench Press	3-5	6-8	1.5-3min	Use a weight where you fail at 6-8 reps
Cable Chest Flies	3-5	8-10	1-2 min	Go past the midline of the body at the end of contraction (cross arms in front of you slightly) Do not overextend your shoulders at the start of each rep
Inclined Barbell Bench Press	3-4	6-8	1.5-3 min	Keep elbows slightly tucked in towards your body to avoid shoulder injury
Floor Barbell Chest Press	4-6	4-6	2-3 min	Go to failure – make sure you are in a position where the bar will not crush you
Skull Crushers	3-4	8-10	1-2 min	Keep tension on triceps throughout by angling arms toward your head

Cool Down: Some static/Dynamic stretching for chest, triceps, and shoulders

### Additional Notes

ALWAYS USE A SPOTTER, especially for Bench Press variations.  
Make sure you have a strong knowledge of the lifts before attempting this workout.  
Make sure you warm up well before beginning to avoid injury.

Questions or Comments? Please e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu)



## Sample Diagrams

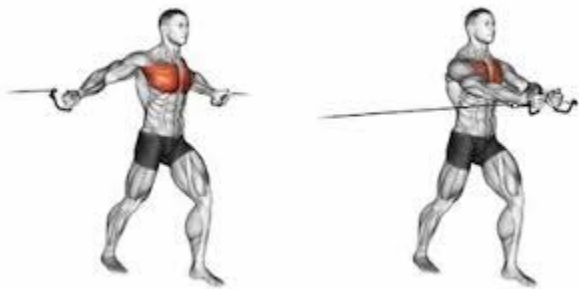
### Flat Barbell Bench Press



### Declined Dumbbell Bench Press



### Cable Chest Flies



### Inclined Barbell Bench Press



### Floor Barbell Chest Press



### Skull Crushers

