**EXERCISES OF THE MONTH**

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**Basic**

**Bench Press (Barbell)**

**Starting Position**
- Bar rests in the uprights of the bench, weight evenly loaded, including collars.
- Athlete lies supine on the padded surface, with eyes directly under the barbell.
- Using an evenly spaced, pronated grip, wrap the thumbs completely around the barbell.
- Grip may vary according to individual needs.
- Legs are bent at the knees and feet are flat on the floor.
- Accommodations in this basic position may be needed for special populations.

**The Lift**
- Be sure to have spotter(s) alert and ready to perform before lifting barbell from uprights.
- After lifting off, stop with the bar at arm's length and located directly over the chest.
- Inhale as the bar is lowered.
- Lightly contact the chest (near the nipples), then straighten the elbows, raising the barbell to the original starting position.
- Exhale during the ascent.
- Repeat for the desired number of repetitions.

**Muscles Worked**
- Pectoralis major, anterior deltoid, triceps

**Important Safety Notes**
- Use spotters at all times. Spotters should include (a) one person at the head of the bench who lifts and spots the center of the barbell, (b) two spotters, one on each end of the barbell, or (c) a combination of (a) and (b).
- Spotters should be used in lifting and returning the barbell from/to the uprights and throughout the lift. Be sure bar is safely back in the uprights before relaxing and releasing the grip on the bar.
- Maintain a stable position flat on the bench with head, shoulders, and hips in contact with the pad. Do not lift the head or hips at any time throughout the lift. Do not move the feet.
— Advanced —

Lunge

Starting Position
- Bar is evenly loaded (including collars) in the squat rack.
- Place the barbell on the upper back in a similar manner to squatting.
- Hands are evenly spaced on the bar with a pronated grip (thumbs around), slightly wider than shoulder width.
- Lift the barbell from its position and step back several feet.

The Lift
- From an initial position standing erect with feet placed about hip width apart, step forward with one foot approximately 30 inches.
- Keeping the front foot flat, bend the hip and knee joints until the top of the front thigh is approximately parallel to the ground.
- The front lower leg should be approximately perpendicular to the floor.
- The rear foot is in contact with the floor only with the toes, and the foot remains pointed straight ahead.
- The rear knee is nearly straight.
- The torso is erect and perpendicular to the floor.
- By straightening the hip and knee, raise the body until the front knee is nearly fully extended.
- (a) Continue to perform the desired number of repetitions on this leg, or (b) take one or two small steps backward until the feet are parallel as in the beginning of the exercise.
- Step forward with the opposite foot and perform the same movement with the opposite leg.
- Continue in this alternating fashion.

Muscles Worked
Quadriceps, hamstrings, gluteals

Advanced Exercise Notes
It is recommended that athletes new to training perform lunges with only body weight resistance. Using this lunging movement as a form of walking around the gym is recommended. As balance and technique improve, consider holding light dumbbells in each hand. Gradually progress to using the barbell on the shoulders. ▲