Incline Bench Press and Front Squat Press (Sots Press)

Kyle C. Pierce, EdD, CSCS
USA Weightlifting Development Center
Shreveport, Louisiana

--- Basic ---

- Incline Bench Press
  
  **Starting Position**
  - Bar rests in the uprights of the incline bench, weights evenly loaded including collars.
  - Sit and lean back against the inclined bench.
  - Keep head, shoulders, and buttocks in contact with the bench.
  - Knees should be bent and feet flat on the floor.
  - Grasp bar with an evenly spaced, pronated grip.
  - Grip may vary between individuals.

  **The Exercise**
  - Before lifting bar from uprights, be sure spotter is alert and ready to assist.
  - After lifting off, position bar over upper chest with arms straight and perpendicular to the floor, regardless of the bench incline angle.
  - Slowly lower bar to upper chest or clavicles and shoulders.
  - Push bar upward and slightly toward head until the elbows are extended.
  - Do not let the bar drift toward the feet.
  - Maintain body position on the bench, feet on the floor.
  - Inhale while lowering the bar, exhale while raising it.
  - Repeat the movement.

**Muscles Used**
Pectoral major, anterior deltoid, triceps.

**Variations**
Dumbbells may be used in place of barbell.

© 1998 National Strength & Conditioning Association
Advanced

Front Squat Press
(Sots Press)

Starting Position
- Grasp the bar with an overhand (pronated) grip, slightly wider than shoulder width.
- Bring the bar to the shoulders by performing a power clean.
- Position the bar across the anterior deltoid, elbows elevated slightly.
- Keep the eyes focused straight ahead, chest expanded, back tight and slightly arched.
- Position the feet approximately shoulder-width apart with toes pointed straight or slightly outward.

The Exercise
- Bend the knees, hips, and ankles, and descend slowly in a controlled manner until the tops of the thighs are parallel to the floor.
- Keep the feet flat on the floor.
- Press the bar overhead using only the arms and shoulders.
- Push until the elbows are extended.
- Try to raise the bar as straight as possible.
- Keep the torso straight and rigid, and feet flat on the floor throughout.
- Carefully lower the bar back to the shoulders.
- Inhale prior to the first lift, exhale as the bar is raised.
- Inhale while lowering successive repetitions.

Muscles Used
Deltoids, triceps, trapezius, trunk, and lower body stabilizers.

Note: This is a good warm-up exercise that promotes flexibility and balance. Use only light weights. This exercise was first seen performed by Victor Sots, former world weightlifting champion from what was then the USSR.