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Exercise The Right Way – The Flat Bench Press

By Rick Mitchell

Exercise The Right Way – The Flat Bench Press by Rick Mitchell

In this article we'll take a close look at the flat bench press using a barbell.

MUSCLES TARGETED: pectoralis major

STARTING POSITION

DOWNWARD MOVEMENT

UPWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

Exercise the right way – the decline dumbbell bench press

By Rick Mitchell

Exercise the right way – the decline dumbbell bench press by Rick Mitchell

In this article we'll take a close look at the decline dumbbell bench press.

MUSCLES TARGETED: pectoralis major, anterior deltoids

STARTING POSITION

Exercise The Right Way – The Flat Bench Press

EXERCISE TECHNIQUE

Richard Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to [Bodybuilding Exercises](#) to learn more about the issues covered in this article.



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