



**Women Who
Lift Weights**

Top 10 Bench Press Tips



BY COACH ROBERT KING



Hey, it's Coach Rob, owner of WWLW, and I'm excited to bring you my Women Who Lift Weights Top 10 Bench Press Tips.

Over the years, I've coached countless lifters and witnessed how mastering the bench press can elevate your upper body strength and confidence like no other lift. Whether you're working to fine-tune your technique, push heavier weights, or just ensure you're lifting safely, nailing the basics of the bench press is crucial.

This guide will help you make real improvements by breaking down key tips, explaining their importance, and providing actionable cues you can incorporate into your training sessions.

Whether you're a beginner or a seasoned athlete, these tips are here to guide you toward getting stronger, more powerful, and feeling confident with the barbell.

I'm here to support your lifting journey, so if you find these tips helpful or have any questions, reach out! Leave a comment on my posts or videos—I'd love to hear how you're progressing!

Connect with me on Instagram [@CoachRobertKing](#)—

Coach Rob



#1 - Safety First



Safety should always come first when bench pressing. Ensure you have proper support, a stable bench, good foot placement, and, when possible, set up safeties. These pins or bars are crucial, especially for heavy lifts. Always have a spotter if you're attempting a max or tough set.

Without safeties, bench pressing can become dangerous. Safeties just below chest height will catch the bar if you fail, reducing risk and allowing you to train confidently.

Tip: When possible, set your safety pins or bars slightly below chest height so they can catch the bar in case of failure. Always ask for a spotter if you're unsure or pushing your limits—better safe than sorry.



#2 - Approach The Barbell With Confidence



Confidence is key when Bench Pressing. Before stepping up to the bar, take a moment to mentally prepare and visualize a successful lift.

Whether you're warming up or attempting a personal best, approach with purpose and determination. Preparation and mindset are everything. Trust your training, know your form, and execute with conviction. Confidence doesn't just help you lift—it ensures every rep is safe and strong.

Tip: Be Calm. The Bench Press is very much a calm lift. Don't be hyped up or distracted, focus on your technique.



#3 - Treat Your Set Up Like Your First Rep



A strong bench press starts with a solid setup. Position your feet firmly on the ground, shoulder-width apart, with your eyes directly under the barbell. Approach the bench with the mindset of control and strength.

Grip the bar slightly wider than shoulder-width, ensuring your hands are evenly spaced. Keep your back slightly arched, shoulders pulled back, and chest lifted. Engage your lats and core, feeling tightness across your whole body. This setup will put you in the optimal position to press safely and powerfully.

Tip: Treat your “Set Up” like it’s your first rep because that’s how important it is.



#4 - 3 Step Bench Press Set Up



#1. Set Your Shoulders: Pull your shoulders back and down into the bench, creating a stable base. This not only protects your shoulders but also allows for better power transfer during the press.

#2. Set/Adjust Your Feet: Plant your feet firmly on the floor, shoulder-width apart. Adjust them so that you feel grounded and stable, allowing you to drive through your legs for added power during the lift.

#3. Grip the Barbell Tight: Grab the barbell with a strong, controlled grip. Squeeze it tightly as if you're trying to crush the bar. This activates your forearms, lats, and upper back, giving you better stability and control throughout the movement.

**Tip: This 3 Step Bench Set Up Works.
Play Around With Your Set Up
Until It Feels Good For You.**



#5 Find Your Optimal Bench Press Grip



Your grip on the barbell plays a crucial role in your bench press performance. Start by finding a grip width that feels comfortable and allows you to engage your chest, shoulders, and triceps effectively. A common guide is to place your hands slightly wider than shoulder-width apart.

Ensure your wrists are straight, not bent back, and wrap your thumbs around the bar in a full grip for safety. Squeeze the bar as tightly as possible—this helps engage your forearms and upper back, creating more stability and power.

Tip: Experiment with different grip widths to find what feels best for your mechanics and body type, but always prioritize a grip that feels strong and secure.



#6 - Big Breath

Big Chest



Mastering your breath is essential for a powerful and effective bench press. Before you lower the bar, take a deep breath into your diaphragm, allowing your chest to rise. This big breath creates intra-abdominal pressure, stabilizing your core and helping to support your spine throughout the lift.

As you inhale, focus on keeping your chest lifted and engaged, which helps to maintain proper alignment and prevents your shoulders from rolling forward. When you exhale, do so only as you press the bar back up, allowing the air to flow out steadily and maintaining tension in your core and upper body.

Tip: Incorporating this breathing technique will improve your strength and control while enhancing your bench press performance. A solid lift starts with a strong foundation, so don't underestimate the power of your breath!



#7 Get Tight

Create Full Body Tension



Before you start the lift, it's crucial to establish full-body tension. Begin by driving your feet into the ground and engaging your legs. This activation should flow through your core, up to your chest and shoulders.

Keep your back flat against the bench and your shoulder blades retracted. This tightness creates a strong, stable base, allowing you to transfer force more effectively through the barbell. Remember, the more tension you maintain throughout your body, the more power you'll generate for your lift!

**Tip: Bench Press Strength Is Not Just About Strong Muscles.
It's About Perfect Technique + Maximum Tension + Full Body Strength**



#8 Bench Press With Your Full Body



To maximize your bench press performance, engage your entire body, not just your arms and chest. Start by planting your feet firmly on the floor, creating a strong connection to the ground. Your legs should act as a solid base, allowing you to generate power.

As you lower the bar, focus on squeezing your glutes and maintaining tension throughout your core. This engagement stabilizes your body and helps transfer energy from your lower body into the lift. By using your full body, you'll enhance your strength, stability, and control during the bench press. Remember, every muscle plays a role in your lift—so don't neglect your legs and core!

**Tip: Remember The Bench Press Is A FULL BODY LIFT, Not Just An Upper Body Lift.
Learn To Get Your Full Body Into Your Bench Press**



#9 Control The Reps



Mastering the bench press isn't just about lifting heavy; it's about controlling your movements. Focus on the tempo of your reps—lower the bar slowly and with purpose. A controlled descent prevents injury and allows for better muscle activation.

As you lower the bar, maintain tension in your chest and shoulders. Once the bar reaches your chest, drive it upward explosively while keeping your body stable. This controlled approach not only builds strength but also improves your form over time.

Remember, quality over quantity—controlled reps will lead to better progress and a safer lifting experience.

**Tip: Reps = Repetition
The Goal Should Be To Make All Your Reps
The Same**



#10 Practice With Perfect Form & Technique



Perfecting your bench press is all about consistency and attention to detail. Focus on maintaining proper form throughout your lifts. Ensure your feet are planted, your back is arched slightly, and your elbows are at the right angle as you press.

Recording your lifts can provide valuable insight into your technique, allowing you to identify areas for improvement. Use lighter weights to practice your form without the risk of injury. Regularly practicing with perfect form builds muscle memory, making it easier to lift heavier weights safely and effectively.

Tip: Remember, Good Technique Is Essential For Progress And Injury Prevention.





Top 10 Bench Press Tips Summary

1. Safety First

2. Approach The Bar with Confidence

3. Treat Your Set Up Like Your First Rep

4. 3 Step Bench Press Set Up

5. Find Your Optimal Grip

6. Big Breath – Big Chest

7. Get Tight

8. Use Your Full Body

9. Control Your Rep

10. Practice Perfect

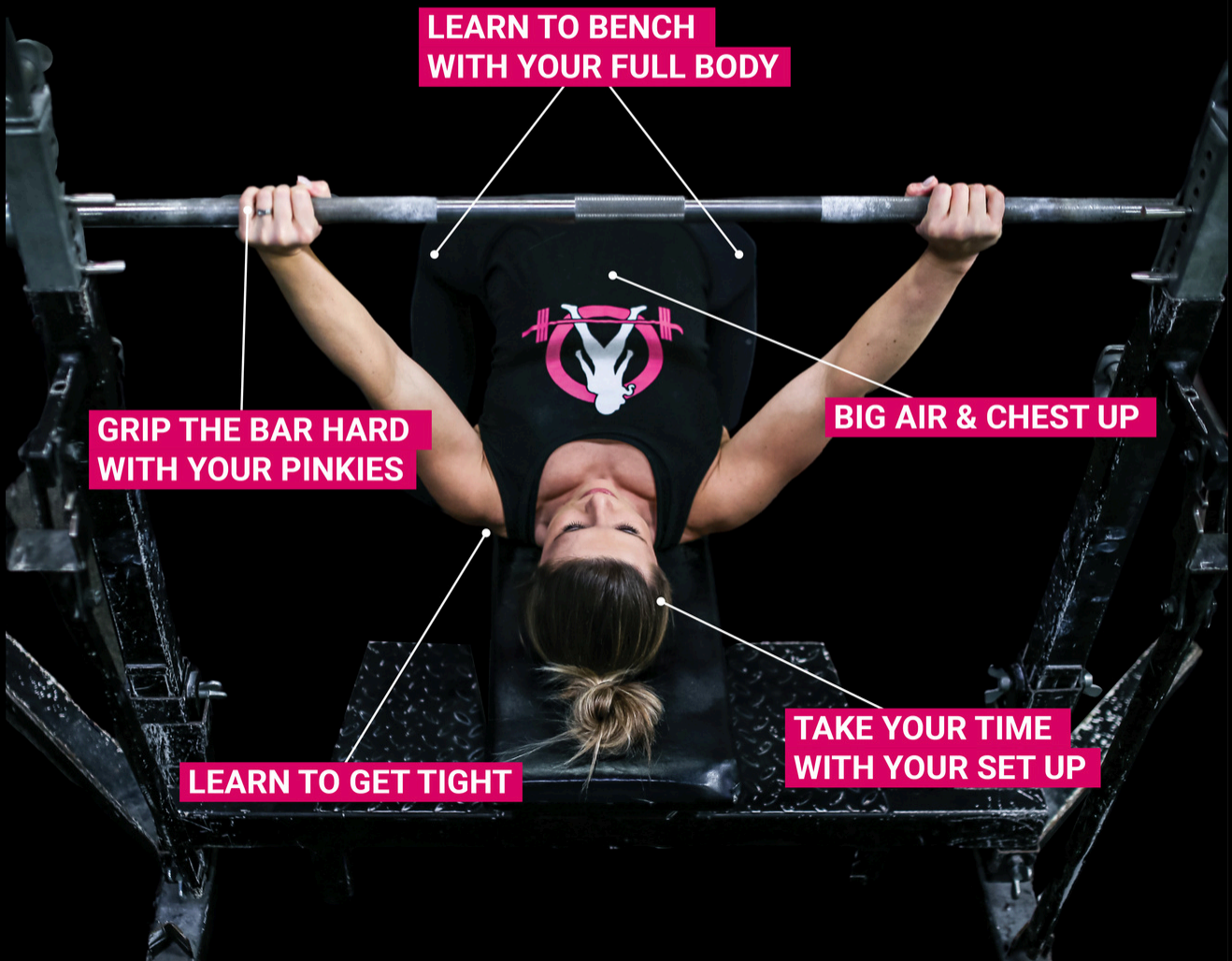




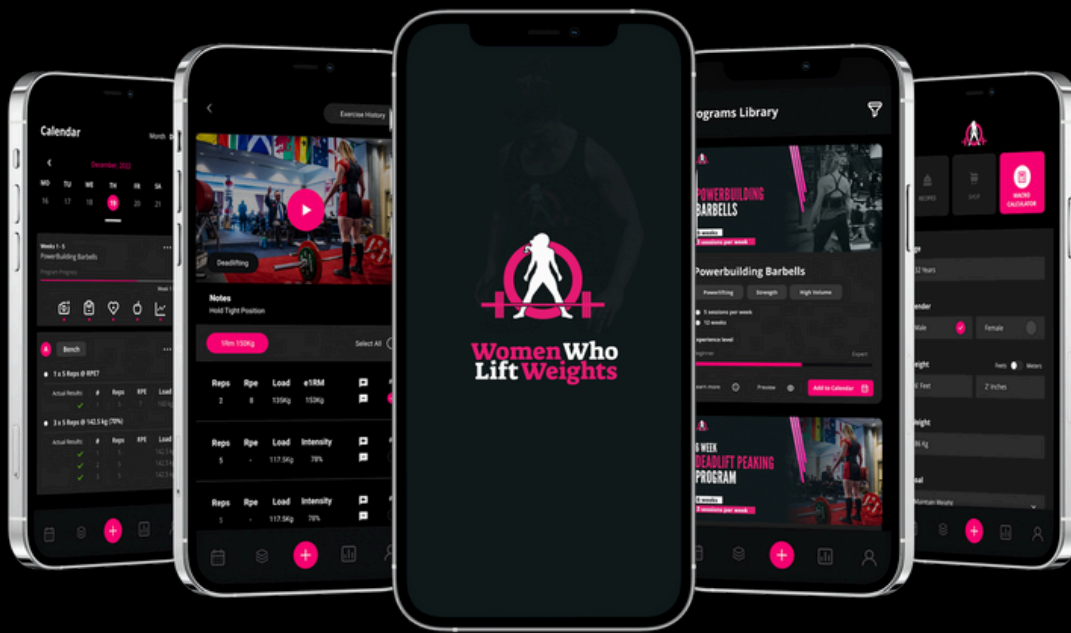
Barbell Bench Press



BARBELL BENCH PRESS TIPS



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6 Week
BENCH PRESS
Peaking Program
Barbell Only

3x per week

6 weeks



Bench Press 6 Week Peaking Program (Barbell Only)

Bench Press Barbell Peaking

- 3 Sessions per week
- 6 Weeks


Experience level

Beginner

6 Week
BENCH PRESS
Peaking Program
Barbell + Dumbbell

4x per week

6 weeks



Bench Press 6 Week Peaking Program (Barbell + Dumbbell - % Based)

Bench Press Barbell Peaking Program

- 4 Sessions per week
- 6 Weeks


Experience level

Beginner

Beginner
Bench Press
Program
Bench Press Fundamentals

3x per week

4 weeks



Beginner Bench Press Program

Bench Press Barbell Only

Barbell Bench Press

- 3 Sessions per week
- 4 Weeks


Experience level

Beginner

8 Week
Bench Press
Program
Bench Press Program for Women

3x per week

8 weeks



8 Week Bench Press Program For Women

Bench BenchPress Barbell PowerLifting

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- 8 Weeks

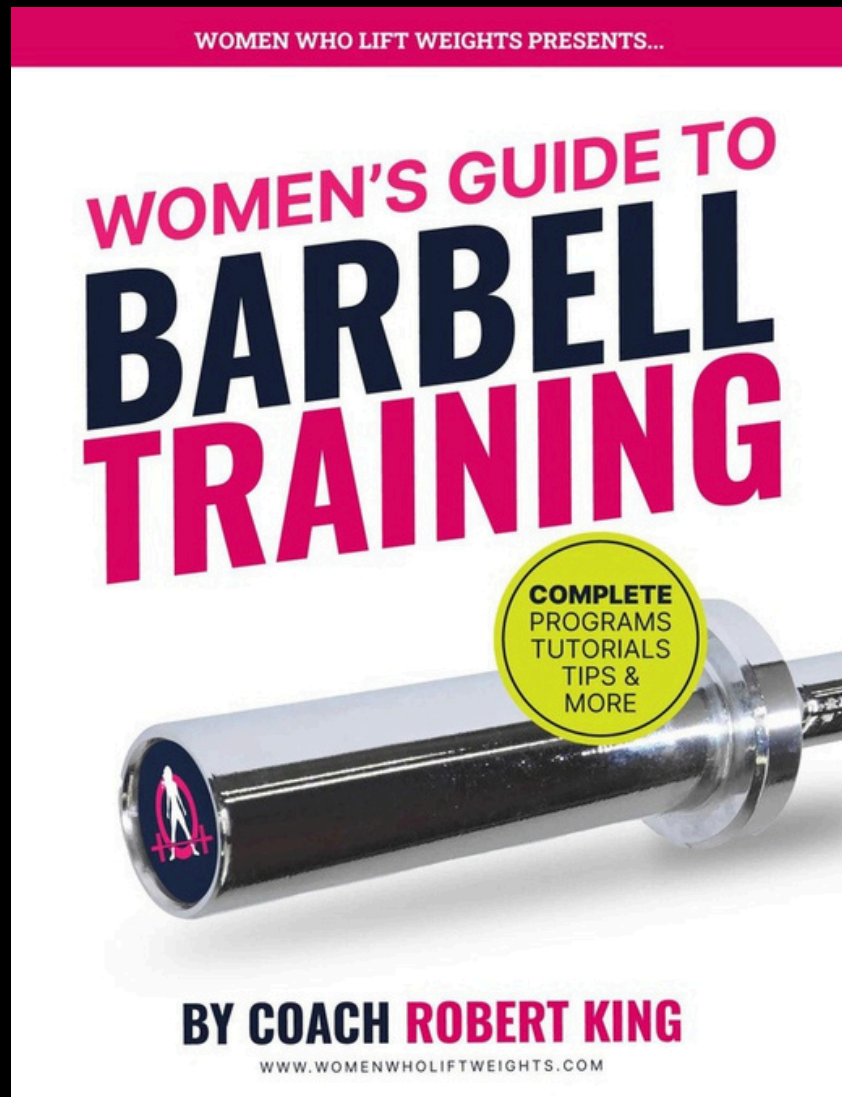
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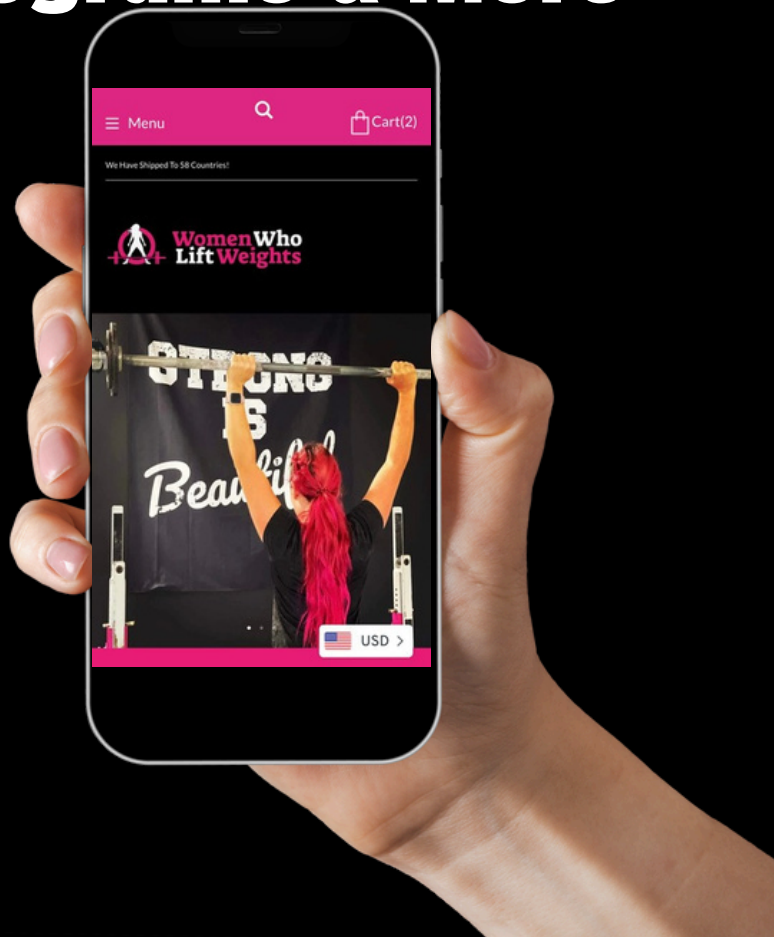


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About Coach Rob



Coach Rob is an IPF World Champion Powerlifter, 9-time Worlds Medalist, Commonwealth Deadlift Record holder, and a 5-time Team Canada Powerlifting Coach.

With decades of experience, he specializes in helping lifters perfect their form, build strength, and achieve their goals safely.

As the founder of Women Who Lift Weights and Heavy Weights Barbell Club, Coach Rob has guided countless athletes, from beginners to elite powerlifters, focusing on proper technique and long-term success.

His mission is to provide expert guidance, ensuring every lifter can reach their full potential.

Connect with Coach Rob on Instagram



