

FIRST EXPLOSION

For a higher max bench press, explode before you explode



Original Research

Wilcox, J., et al. Acute explosive-force movements enhance bench-press performance in athletic men. *International Journal of Sports Physiology and Performance* 1:261-269, 2006.

IF YOU TAKE THE TIME TO EXPLODE 30 SECONDS BEFORE A MAX ATTEMPT, YOU COULD PUT SIX OR SEVEN MORE POUNDS ON THE BAR. BUT THIS MIGHT NOT HOLD TRUE IN THE "ARTIFICIAL" BENCH STRENGTH OF USING A BENCH PRESS SHIRT.

Whether you are competing in the bench press, having a max-out day with your teammates, or just hitting a max on your own in the gym, you want to hit some big weight. So you carefully plan your warm-up and attempts. Common wisdom suggests that you should take your time between sets and particularly before that big attempt. So most of you will sit quietly and get psyched. New research indicates, however, that you can significantly increase your max attempt by exploding before you even lie down on the bench.

Power Key: max bench press, preparation, warm-up, plyometrics, potentiation