

Smith rack throw 00300



Tips

Keep the head, shoulders & hips on the bench with the feet supported. Start with the hands wider than shoulder width using a pronated grip & unhook the bar.

Throw the bar with a fast & explosive action & repeat the movements continuously. Minimize the contact time with the bar after each throw.

Cautions

The hands should remain directly under the bar in preparation to catch the bar.

Ensure that the hooks remain clear of the racks.

Prime Movers

[Pectoralis major](#)
[Coracobrachialis](#)
[Deltoid-anterior](#)
[Serratus anterior](#)

[Biceps brachii](#)
[Anconeus](#)
[Triceps brachii](#)
[Pectoralis minor](#)

Related Exercises

[Smith rack throw 00297](#)
[Smith rack decline bench press throw 03172](#)

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