

## Wide grip incline bench press 03745



### Tips

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Ensure that the head, shoulders & hips remain in contact with the bench & the feet are supported. The angle of the bench can vary, targeting different aspects of the chest & shoulder muscles.

Start the hands wide on the bar with a pronated grip. Position the body with the eyes under the bar.

Lower the bar to the chest then push the bar up until the arms are straight.

### Cautions

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Do not bounce the bar off the chest.

Do not allow the bar to sway forward from the chest.

### Prime Movers

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

[Triceps brachii](#)  
[Pectoralis major](#)

### Related Exercises

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[Smith rack incline bench press 06023](#)  
[Band wide grip bench press 00334](#)

### Disclaimer

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No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.