

Workout Wisdom

Unlock the secrets to improving your health, wellness, and, fitness! Each month our team highlights different concepts and exercises that can safely and effectively enhance your current fitness routine.

-It's time to nudge that progress needle a little bit further!

-JM Press-

→ Who, When, What

- Developed by JM Blakley
- Late 1990's - Early 2000's
- A barbell tricep exercise that combines elements of the Skull-Crusher and Close-Grip Bench Press

→ Benefits

- Reduces shoulder stress to minimize injury risk
- Increases tricep activation for muscle hypertrophy
- Increases strength application for pressing movements

→ Exercise Tips

- Use setup similar to Close-Grip Bench Press
- Keep elbows stationary and pointed forward
- Move elbows in front of barbell as you descend

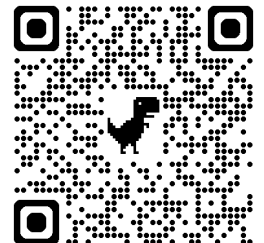
Resources

[Click or Scan](#)

[How to JM Press: Expert Tips to Break Plateaus](#)

**JM Press:
Break Bench
Press Plateaus
With This
Triceps-
Building Beast
Of An Exercise**

By Christopher Covello
Expert Verified by Kate
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[Performing the JM Press:
Video DEMO](#)



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