

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!

-The LARSEN PRESS-



WHAT IS IT?

- A **Bench Press variation** where the lifter keeps their **feet elevated off the ground**, typically held straight out on the bench, **eliminating the benefits of leg drive** during the movement.



THE BENEFITS

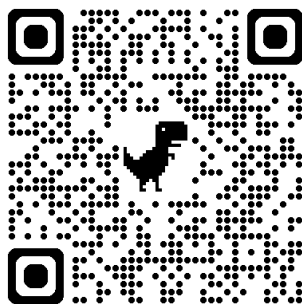
- **Eliminating leg drive** during the Bench Press helps the lifter to:
 - Focus on **muscle control & hypertrophy**
 - Regulate **lifting speed & tempo**
 - Encourage **balance & stability**
 - Highlight **flaws with technique**



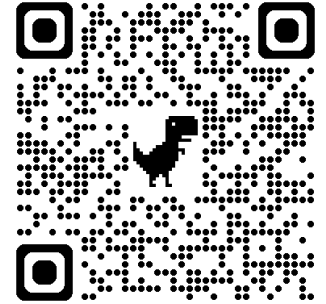
EXERCISE TIPS

- **Lighter Weights not "Fighter Weights"**
 - Start low to learn the movement. This exercise aims to teach the lifter, not tear them down.
- **Scap. Retraction for "Max Reaction"**
 - Every building needs a strong foundation. Upper back tension puts all the strength in the right place.
- **Braced Core not "Wasted Core"**
 - You'll learn fast if you don't brace and balance. Two skills that enhance the traditional Bench Press rep.
- **Tight Legs are the "Right Legs"**
 - Keep the legs engaged and tight during the lift. Not touching the floor makes body-bench contact critical.

BARBELL LARSEN PRESS



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