

Blasting Your Bench Press Sticking Points with Push Presses

Every meathead loves a big bench press.

However, not everyone gets one.

Here is one of my favorite plateau busters for the bench press: Overhead Push Presses with Slow Eccentrics

[Video of Eccentric OHP](#)

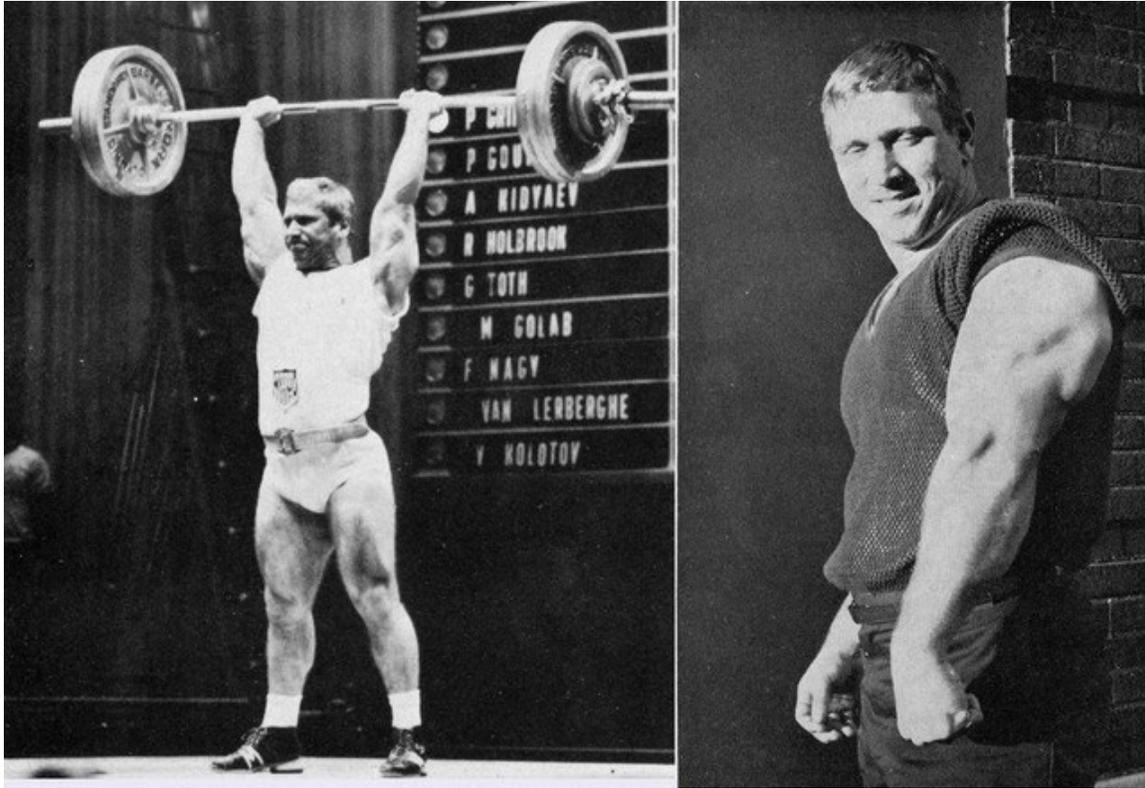
Why does it work?

It provides a new stimulus for the anterior deltoids, serratus anterior and the triceps brachii.

Regarding overhead pressing strength, two of the largest triceps in history belong to weightlifters Phillip Grippaldi and Victor Sots. Those massive and über strong triceps came from dedication to improving overhead strength.

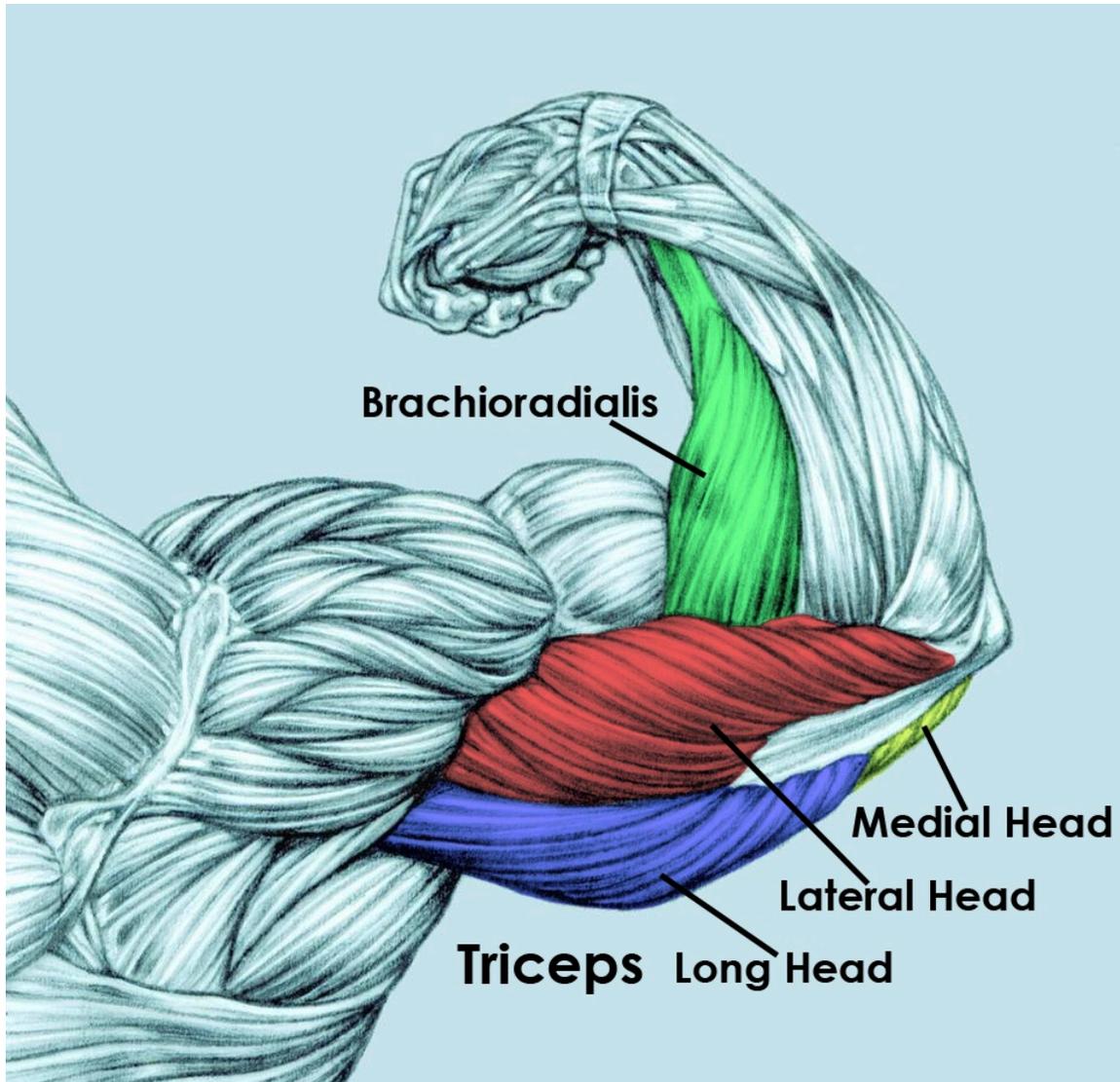
As a teenager, I remember clearly looking at pictures of Grippaldi in IronMan magazine, they

would set me in a trance to go train arms. I wanted arms like his... fast.



Viktor Sots, left, and Philip Grippaldi, right

Triceps like these can only be achieved if you fully develop all 3 heads of the muscle. Of them, the long head of the triceps is the hardest to recruit. This is the innermost part of the muscle, as shown in the image below:



Overhead presses have been shown to be the best activator of the long-head of the triceps. Hence, unless you are genetically blessed, you will never have the biggest triceps possible unless you maximize your overhead pressing strength.

Here is how I do it with my athletes:

1) Don't bench for the next 3 weeks. That is very important. Plus, it lets your pecs rest for a while.

2) Do six to eight warm up sets – (article also in this month of the Dojo)

3) The work sets will be 6 sets of 3 R.M.

Make sure you lower the weight slowly with locked legs for a slow 8 second count. If you need to bend the knees to absorb the weight, you picked too heavy of a load.

4) Pair this exercise with a variation of chin-ups with the same sets and reps.

Simple? Yes! Easy? No

However, this exercise combo has helped many of my athletes blast through sticking points in the bench press. Legendary powerlifter Ed Coan is another advocate of this method and he has used it in his training and that of his client to the same effect.

Enjoy the results,

Charles R. Poliquin