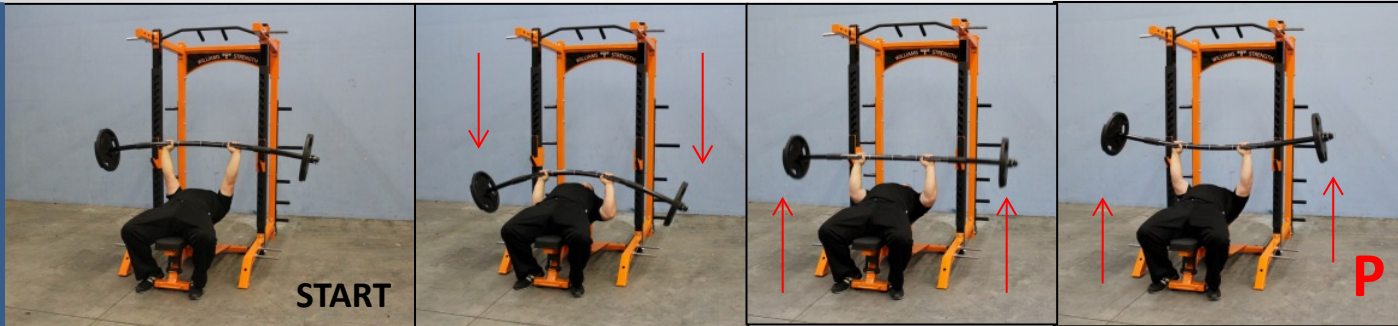




# BENCH PRESS using the Tsunami Bar<sup>®</sup> 1/28/14

## Bench Press



## Inclined Bench Press



The photos demonstrate the 'Bench Press' and the 'Inclined Bench Press' using the Tsunami Bar<sup>®</sup>. For these lifts, the faster (but safely) you 'move the bar' the greater the POWER Development (strength X speed) potential for the muscles involved. The photos with a **P** in the lower right hand corner show an athlete that has exerted a great enough muscle contraction using the arms against the center of bar sufficient to cause the 'ends of the bar' to turn up! Prior to the upward bending bar reaching its peak, the athlete can pull down against the bar that is still moving 'up' making the lift an Enhanced Power Building 'Push/Pull' lift. **TRY IT! YOU WILL BE AMAZED!**