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THE STRENGTH COACH developing the bench press: Developing the Bench Press

Mr Paul Kerridge

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THE STRENGTH COACH developing the bench press: Developing the Bench Press Mr Paul Kerridge This book has been updated as edition 2 for 2015 and re-written using a plain English editor for easier reading. It describes the methods used to improve the bench press through better technique as well as increased strength. It's a specialist publication intended for coaches and competing power lifters but will provide valuable information for anyone wishing to improve their bench press performance. In developing greater strength in any movement your own brain is the major driver in the construction process, it's not simply a matter of lifting weights. You need to train intelligently using your mind to enhance your central nervous system capability as well as experimenting with the various techniques available. Most trainees are never shown the options available for developing the bench press because most instructors and coaches are unaware of the variation in mechanics that may be applied to suit individuals anatomy in generating greater strength in the movement. This book is unique in explaining all the variables never published together anywhere. It will ensure you understand all the relevant concepts in developing this popular and competitive lift and will give you the edge. The route to improving the bench press can be a very long road indeed, with many blind alleys if you get it wrong. Learn from the experience of champions working with me to discover what works and what is wasted effort. You can use this knowledge and shortcuts to success without wasting years doing pointless routines or exercises. The information in this book is current, effective and relevant, not simply regurgitated crap from writers with little personal experience or the one size fits all mentality. If used intelligently the techniques described will help you achieve increases in performance quickly and efficiently for yourself or anyone you coach. So, whether you're considering starting, struggling to make progress or pushing others to their absolute maximum as a coach, this book will help guide your efforts.

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