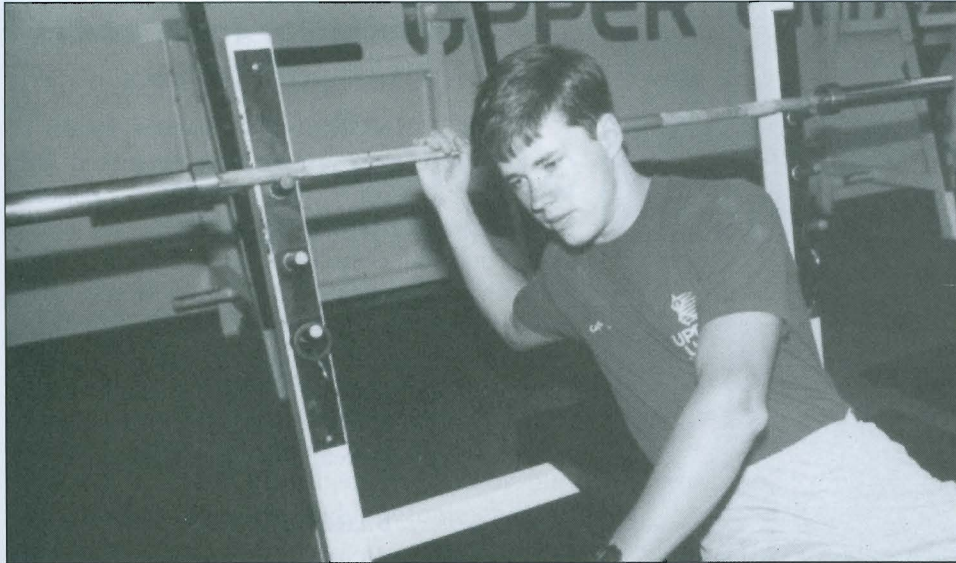


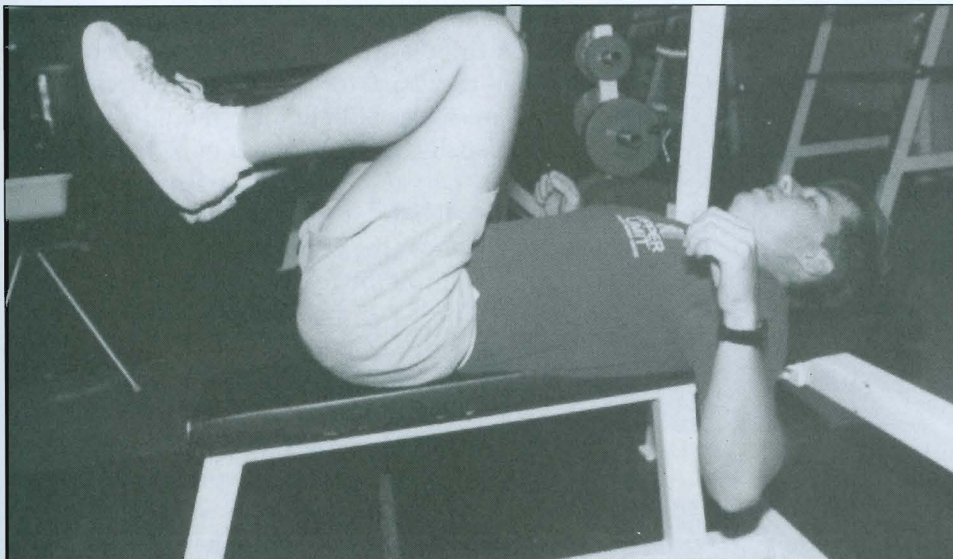
BENCH PRESS

SAFETY TECHNIQUE



By Dr. Greg Shepard

- ★Twisting To Get Out of The Bench This Way Is Bad.
- ★It Could Cause A Muscle Spasm In The Lower Back.
- ★Most Athletes Do It This Way But Don't You.
- ★Be Smart - Be Athletic.



THE UPPER LIMIT WAY

- ★ After Your Set, Bring Both Knees Up As Shown.
- ★ Bring Knees Up Together.
- ★ It Will Feel Good On Your Lower Back.
- ★ Then, Whip Your Legs Forward and Downward As In A Forward Roll.
- ★ You Can Even Push On Your Thighs With Your Hands.
- ★ Now You're Upright Effortlessly In An Athletic, Gymnastic, Graceful and Safe Movement!

