

Fitness Centre

Marcel Robert Fitness Centre Supervisor



Qualification

- International Certificate in Bronze – Professional Personal Fitness Trainer
- Certified by The International Personal Trainers & Fitness Academy (IPTFA)
- Hong Kong Bronze Medallion Life Saving Certificate
- Certified by The Hong Kong Life Saving Society
- Certificate of Proficiency in First-Aid Treatment
- Recognised by Malaysian Ministry of Health
- Certificate of First Responder Life Support (FRLS) and CPR skills
- Recognised by Malaysian Ministry of Health
- Certified in Via Ferrata Guiding by UIAGM/IFMGA
- Certified by International Federation of Mountain Guides Associations

'It takes brain and brawn to spawn the best in life'

Bench Press

Step 1: Begin by lying flat on the bench, with your body in a natural and relaxed position

Make sure that you are not holding your shoulders in an awkward position. Be sure to have a natural spinal curve. You do not want to have your lower back completely flat on the bench, but you do not want to force it to curve too much either. Instead, opt for a comfortable and natural position. You should have your feet flat on the ground and your shoulders touching the bench.



Preparation position

Step 2: Put your arms straight out to either side of you, and then bend your elbows, bringing your hands up to touch the bar

This is where you should position your hands. You can make your grip slightly wide to increase the amount of pectoral muscles involved in this exercise, and you can bring your grip in slightly to increase your triceps involvement. For a standard bench press, opt to the normal grip.

Step 3: Begin with just the bar weight

Lift the bar off the rack and position it directly above the middle of your chest. Inhale as you lower it down, gently touching your chest with the bar. Do not bounce the bar off your chest, as this can cause serious injury – Begin to exhale as you push the bar up and away from your body.

Extend your arms to just under full extension. Repeat this for eight repetitions as your first set.



Starting position



Ending position

Step 4: Now add weight to the bar

The bar by itself weighs 45 pounds. You will want to increase by five to ten pounds at a time until you find a comfortable weight.

Step 5: Be sure to have a spotter to help you whenever you lift a heavy weight

You never want to drop the bar on yourself.

Step 6: Drink plenty of water, and take at least two minutes breaks in between each set

You should ideally perform one light set of eight repetitions, followed by three heavy sets of increasing weight, with six, four, and then finally two repetitions.