

Which Tempo On The Bench Press Maximizes 1 Rep Max Growth?

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Abstract : In this study, we investigated the impact of different tempo variations on 1-repetition maximum (1RM) growth, focusing on the eccentric, isometric, and concentric phases of the lift. Through a 6-week longitudinal study involving 20 individuals with 1-5 years of barbell training experience, we compared the effects of various tempo schemes on bench press performance. Our results revealed that subjects who performed a tempo bench press with a 3-second eccentric phase, 3-second isometric phase, and explosive concentric phase on a weekly basis experienced the most significant increases in 1RM. Notably, this tempo also led to improved technique and stability during the exercise. Our findings provide valuable insights for strength trainers and coaches seeking to optimize bench press performance and overcome strength plateaus effectively.

Keywords : exercise science, powerlifting, barbell, interventionist, longitudinal study

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