# Article information:

The Effects of Bench Press Variations in Competitive Athletes on Muscle Activity and Performance  
<https://sciendo.com/article/10.1515/hukin-2017-0047>

# Article summary:

1. The study aimed to compare the EMG activity and performance of competitive bench press athletes using different grip widths and bench positions.

2. Non-significant differences in activation were observed between the three bench positions, except for lower triceps brachii activation and greater biceps brachii activation in the inclined bench position.

3. The study recommends the use of a wide grip on a flat bench during high load hypertrophy training for bench press athletes.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "The Effects of Bench Press Variations in Competitive Athletes on Muscle Activity and Performance" by Atle Hole Saeterbakken et al. aims to compare the electromyographic (EMG) activity and performance of competitive bench press athletes using different grip widths and bench positions. The study found that there were non-significant differences in activation between the three bench positions, except for lower triceps brachii activation but greater biceps brachii activation in the inclined bench compared with the flat and declined bench position. Comparing the three grip widths, non-significant differences in activations were observed, except for lower EMG activity in the biceps brachii using a narrow grip compared to medium and wide grip conditions.

While the study provides valuable insights into the effects of different bench press variations on muscle activity and performance, there are some potential biases and limitations to consider. Firstly, the sample size is relatively small, with only twelve competitive bench press athletes participating in the study. This may limit the generalizability of the findings to other populations or individuals who are not competitive athletes.

Additionally, while EMG activity was measured in several muscles during each variation of the bench press exercise, other factors such as joint angles or range of motion were not considered. These factors could potentially affect muscle activation patterns and should be taken into account when designing training programs.

Furthermore, while the study recommends using a wide grip on a flat bench during high load hypertrophy training for bench press athletes based on their findings, it is important to note that this recommendation may not apply to all individuals or populations. Different individuals may respond differently to various training stimuli based on their individual biomechanics or training history.

Overall, while this study provides valuable insights into the effects of different bench press variations on muscle activity and performance in competitive athletes, it is important to consider its limitations and potential biases when interpreting its findings. Further research is needed to fully understand the effects of different bench press variations on muscle activation and performance in various populations and training contexts.

# Topics for further research:

* Bench press joint angles and muscle activation patterns
* Range of motion in bench press variations
* Biomechanics of bench press exercise
* Individual differences in response to bench press training
* Hypertrophy training for bench press athletes
* Effects of bench press variations on non-competitive athletes

# Report location:

<https://www.fullpicture.app/item/f7acdc110d19c0c94969744f15d52940>