

Now let's cover the most common ways of breaking through it. 1. Follow the program. The first thing I want to mention is that depending on what program you're using, some (especially those aimed more at strength/performance) sometimes have a built in protocol for what you're supposed to do when your progress stalls.



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## Four Strategies for Breaking Through Plateaus - Muscle & Strength



Plateaus are the blues of working out. When the weight is not going up like it used to, it's time for a change. The bench press may be your favorite upper body exercise, but it's not the same when your progress is plateaued. In this scenario, the body is in need of a shock. This may involve adjusting your volume, workout order, or range of motion.

# HOW TO OVERCOME A PLATEAU

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Track your calories  
for 1-2 weeks



Re-calculate your  
calorie needs



Get honest about  
your weekends



Watch out for  
bites, licks & tastes



Add extra  
movement



Increase your  
exercise intensity



Prioritize sleep &  
stress management



Balance your  
hormones



Take a break  
from dieting

3 Reasons Why Your Bench Press Is Stuck In a Plateau (How To Fix) - YouTube 0:00 / 4:36 3 Reasons Why Your Bench Press Is Stuck In a Plateau (How To Fix) Big Benchas 13. 1K subscribers 5. 2K.

## 6 Ways to Bust Through a Workout Plateau - Healthline



Reduce Range of Motion If your bench is plateauing, you may need to reduce range of motion. You can do this by using a resistance band or by using a weight machine that has adjustable cables. Try different exercises and see which ones work best for you.

## 8 Ways to Bust Through a Stubborn Bench Press Plateau



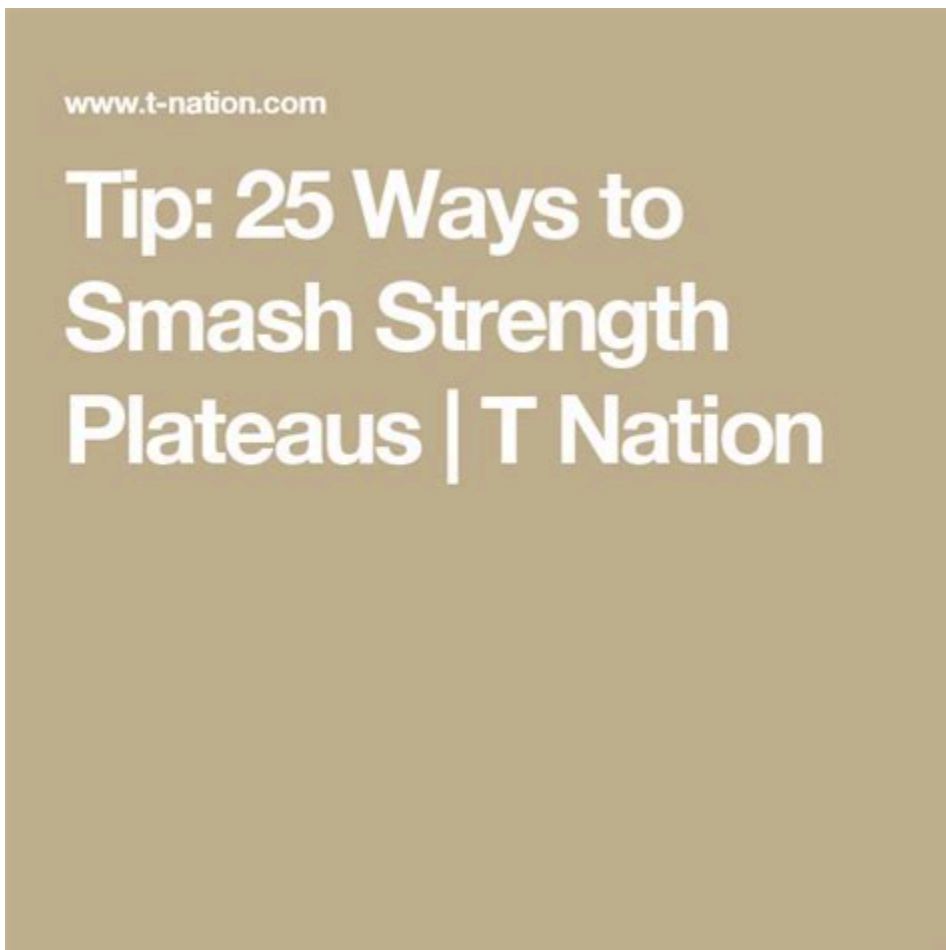
Simply put, the way to overcome a plateau is to change things up. Here are a few things that can cause lifting plateaus: Unbalanced Diet. Not Enough Carbs. Lack of Protein. The Way You Consume Protein. Not Getting Enough Sleep. Inconsistent Sleep Schedule. Your Type of Lifting.

## 9 Steps to Eliminating a Plateau | Muscle & Strength



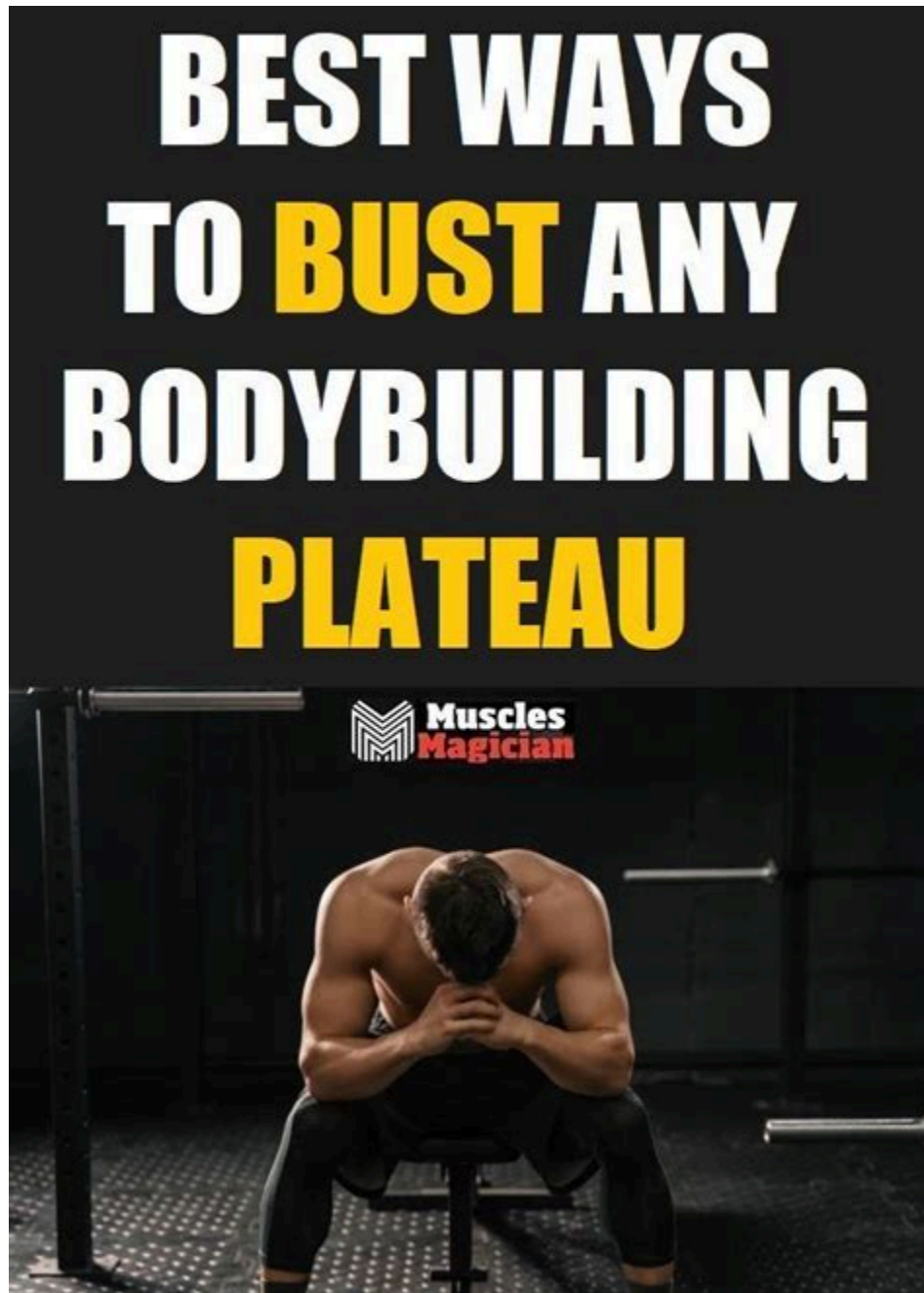
Tip #1: Reduce The Range of Motion You Need To Press The Weight If you haven't already figured it out, the bench press is a game of leverages. To break through your bench press plateau work to reduce the range of motion You want to try to move the most amount of weight possible, but do it in the least possible distance.

### **Tip: 25 Ways to Smash Strength Plateaus - T NATION**



Why am I getting weaker in bench pressing? Stop thinking those thoughts. You're not getting weaker. You're experiencing one of the dreaded plateaus and they're perfectly normal. Sometimes they last days, and sometimes weeks, but in bodybuilding, some plateaus have been known to last years. However!

## 7 Ways To Bust Any Plateau - Bodybuilding



1. my left arm is weaker than my right and is the one that gives out first. 2. i feel a lot of strain in my shoulders when I'm approaching failure. is this normal? 3. i've seen advertisements in M&F for this contraption that promises to improve your bench by 20% through strengthening your rotator cuffs. anybody have experience with this?

## Russell Wilson says Denver Broncos benched him for refusing . - CNN



To avoid that frustration and break through those pesky plateaus, shift your focus to these four new progressive overload strategies. 1. Increase Range of Motion. Mechanical work is the product of force exerted and the distance over which that force is exerted. Adding weight to the bar is the obvious way to increase work.

## Progressing Past a Bench Press Plateau - Bodybuilding



Place your back properly - Make sure your back is placed on the bench to the point you know for a fact it won't move. You then want to get an arch going. It doesn't have to be anything crazy, just stick your chest out, that's a good way to do it. Grip the bar properly - Make sure when you're holding the bar, you're not bending .

## 9 Tips To Break Through A Bench Press Plateau (Definitive Guide)



A training plateau is a time when you are no longer progressing in your workouts. You may have simply stopped being able to add more weight to your sets, or perhaps you haven't gained any additional muscle in quite some time.

### What To Do If Your Bench Is Plateauing? - Senior Fitness



Dips are a great exercise for building full-range chest and shoulder strength, while dumbbell shoulder press, cable tricep extensions, and other exercises can build up tricep strength to push through plateaus. 5. Switching to Dumbbells. If you're only barbell bench pressing then it might be time to shake things up.

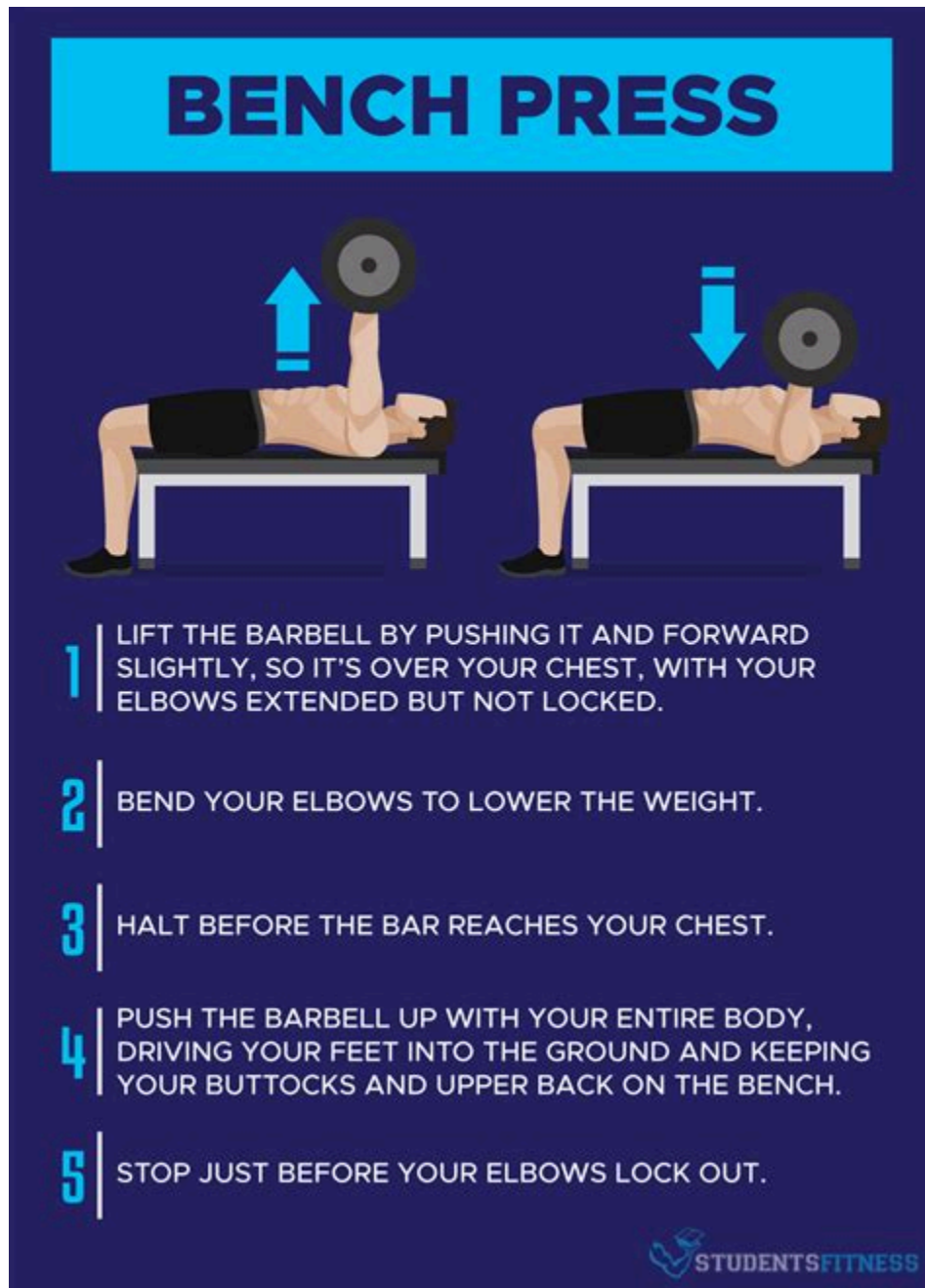


## Demolish Your Bench Plateau - T NATION



Switch up your routine. Changing up your workouts is a key factor in overcoming a plateau and there are several ways to do this ( 2 ). For a start, switch up the intensity and duration of your .

## bench press tips -- I've hit a plateau - Bodybuilding Forums



Let's look at these two one by one: 1. You Increase Weight to Fast and Reach Concentric Muscular Failure To Often. This is the most common reason why people hit a plateau too early, they're reaching failure on their sets because they're training with weights that are too heavy for them.

## 5 Ways To Smash Through Your Bench Press Plateau - Strength Ambassadors



Simple. Most lifters think they have hit a bench press plateau when they really haven't. If they take an honest look at their workout log, odds are they will find progress. It might be "only" 15 pounds in 3 months or "only" 25 pounds in the last 6 months, but it's still progress. It's not a plateau. Tip #2 - Have Realistic Expectations

### 3 Reasons Why Your Bench Press Is Stuck In a Plateau (How To Fix)



1. Take Adequate Rest Rest and recovery is important for any gym-goer, but it's even more important for individuals who've plateaued. The last thing you probably want to do is take a break from the gym, but taking 7-10 days off from the gym can work wonders. You won't lose all your gains or your progress.

## Workout Plateau - How To Break Through When Strength Gains Stall



The reason why this is important is that your chest, triceps, and delts assist one another during compound exercises like the bench press, overhead press, and close-grip bench press. The same goes for back exercises. You cannot isolate your back with bent over barbell rows because your biceps get worked too.

## Getting Stronger: How to Break Through Strength Plateaus



Breaker. This program is geared specifically toward the bench press, but the concepts can be applied to any lift. It's designed for intermediate or advanced level lifters (because if you're a beginner, then you shouldn't be hitting any plateaus yet). The principles of this program are pretty simple. The two best

## How to Break Through a Strength Training Plateau



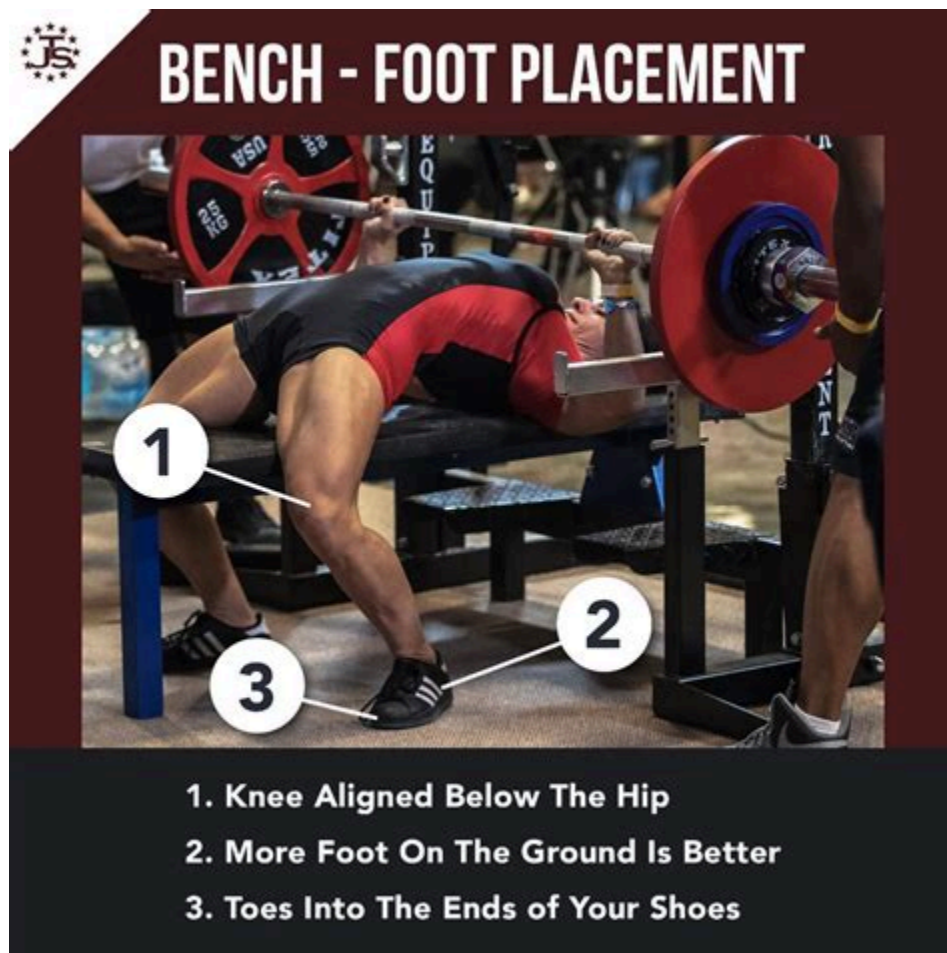
Denver Broncos to bench quarterback Russell Wilson for the remainder of the 2023 NFL season  
"Obviously, we've had some tough games, some tough close ones, but we've still got a chance.

## 10 Ways to Quickly Break Through a Bench Press Plateau



Plateaus can occur because you haven't been providing enough challenge to your muscles, you aren't performing the exercises with correct form, or you aren't properly recovering from your previous workout sessions. Another reason could be that you are not pushing yourself enough.

## 5 Tips To Help A Bench Press Plateau | Muscle & Strength



A plateau occurs when you stall out on progress despite continuing to do "all of the right things," usually including: Eating right Exercising properly Getting adequate rest. And so on. Our bodies go from losing weight consistently to getting stuck at a certain number.

## 6 Ways to Get Past a Weightlifting Plateau - Verywell Fit



Aerobic work can be done a variety of ways and is proven to facilitate recovery. My favorite variations include attaching a sled to a weight belt and pulling for 20 minutes with a light load. The goal here is consistent, low-output work. Use more assistance work to improve lagging muscle groups. You're only as strong as your weakest link.

## How Do I Get Past My Bench Press Plateau? - The Frisky



Lower the barbell down to the chest. Elbows should be bending out to each side. The full range of motion stops when the elbows are just slightly lower than the bench. Press down into the feet and hips, lifting the barbell back up to the starting position. Incorporating Bench Presses into a Fitness Routine

## 9 Causes of Plateaus: How to Overcome Them - Powerful Lifting



Typical Problems: Stale programming, lack of foundational strength, lagging muscle groups. 1. Avoid the Barbell and Opt for Dumbbells One way to break through a bench press plateau is to actually.

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