

# Dual Barbell Axle Incline Press

by Joe Giandonato, MS, CSCS

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Save your shoulders while hammering your pecs and tris with this unique movement.

Let's face it, some people aren't built to barbell incline press heavy weights, whether it's due to anatomical restrictions, such as horned acromions, or at least temporarily due to poor scapular control and inadequate thoracic mobility. Without further examining the potential causes of each, a viable alternative to incline barbell presses will be offered to populations with those restrictions. Also, this exercise will offer relief for individuals who experience wrist/hand pain while pressing barbell and dumbbells.

## Required Equipment

- (2) Olympic Barbells
- (4) Olympic Barbell weight collars
- (4) 10 or 25 pound Olympic weight plates
- A power rack with (2) rounded safety catches
- Adjustable weight bench

## Setup



1. Place adjustable bench against bottom support of power rack and set at 30-45 degrees.



2. Create the axle by placing one 10 or 25 pound plate on the end of the barbell and resting it on the power rack support. Secure the barbell by adding another 10 or 25 pound plate to the other side of the support, essentially locking the barbell in place.



3. Load the opposite side of the barbell with smaller diameter plates, preferably 10 or 25 pound plates. Do not exceed more than three times the load which is securing the axle.

Ideally, the ends of the barbells that are the levers will be positioned at the middle of the bench. Refer to the first image.

### Movement

Start

Finish



*Joe Giandonato, MS, CSCS, is a Philadelphia-area personal trainer, corporate health coach, and freelance writer. More of his content can be found at [joshstrength.com](http://joshstrength.com).*