

Critical Bench 2.0: Review Exploring Mike Westerdal's Bench Pressing System Released By DietsAndFitnessGuides.com

Summary: DietsAndFitnessGuides.com releases a review of Mike Westerdal's Critical Bench 2.0 program which promises to help aspiring weight lifters and muscle builders add more weight to their bench press and gain pounds of lean muscle mass.

Mike Westerdal's Critical Bench 2.0 program has become the de facto "go-to guide" for men seeking to improve their bench press prompting a review from DietsAndFitnessGuides.com.

"Serious lifters agree that the barbell bench press is the king of upper body exercises, but there is a lot of misinformation out there regarding the best practices for maximizing one's bench," reports DietsAndFitnessGuides.com's Vince Delmonico. "Critical Bench 2.0 creator Mike Westerdal's reputation as a renowned bench pressing expert along with the explosive popularity of his program caught our attention, so we decided to review this course for our website visitors,"

The bench press is a classic weight lifting and body building exercise preformed by laying on one's back on a flat bench and lifting a barbell repeatedly with both arms. The exercise is highly revered for it's purported ability to shock the body into into accelerated muscle growth.

Delmonico explains the finer points of effective bench pressing as detailed in Critical Bench 2.0:

"Bench pressing is a great exercise that I think every guy who goes to the gym should be dedicating time to," says Delmonico. "If you are looking to gain upper body strength, benching is critical. If you want to put on muscle, or get ripped, benching is great for that too because it is such an intense exercise that it just releases a huge burst of naturally occurring anabolic hormones into your bloodstream. However, as Westerdal points out in his program there are a number of common mistakes, like over training, that guys make that keep them from making progress with their benching."

Critical Bench 2.0 is available digitally on Mike Westerdal's website allowing customers instant access to the training program. In addition to the Master Manual, users receive Customized Training logs for the 10-Week program, a full body power building routine, over eighty workout charts, a Bench Press Fundamentals Online DVD, and four bonus reports including information on creatine supplementation and interviews with several of the world's top powerlifters, bodybuilders, and strength athletes.

"Critical Bench 2.0 is by far the most comprehensive guide I've seen on the subject of bench pressing," says Delmonico. "The program has information to help guys at every fitness level, including those suffering from chronic shoulder injuries. I definitely would expect Critical Bench to remain a best seller for a long time to come. "

Those wishing to purchase Critical Bench 2.0, or for more information, click [here](#).

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Critical Bench 2.0 review is available at the following web address: <http://www.dietsandfitnessguides.com/critical-bench-2-0-review/>

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