

gains from using slingshot on bench i used a slingshot on bench today my 1rm is about 280 i did 315 for 1 today and repped out about 17 reps with 225 both using the slingshot has anyone seen

may 16 2025 the slingshot invented by powerlifter mark bell is an upper body device that wraps around the elbows and allows for about 10 pounds of weight to be lifted safely and without pain it is

sling shot mark bell reactive exercise assistance workout band for men and women to assist with bench press dips and push ups level 2 tension blue x large

this simple slingshot setup is one of the most brutal and effective ways to train your rear delts upper back lats and stabilizers especially in between sets of other lifts

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