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downward at  $9.8\text{m/sec}^2$  (due to gravity), so the bar is exerting  $150\text{kg} \times 9.8\text{m/sec}^2 = 1470\text{N}$  of force upon your hands and arms. The direction of the force is the direction that gravity is pulling: straight down.

How to Bench Press: The Definitive Guide • Stronger by Science

The boy was an odd one, that was something his family could agree about. When he was born, the back of his head was enormous. His grandmother thought he was just fat, but his parents were worried it was a sign of some problem.

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William Jay "Bill" Bowerman (February 19, 1911 - December 24, 1999) was an American teacher of competitive response [citation needed] and co-founder of Nike, Inc. Over his career, he trained 31 Olympic athletes, 51 All-Americans, 12 American record-holders, 22 NCAA champions and 16 sub-4 minute milers. He disliked being called a coach and during his 24 years at the University of Oregon, the ...

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