

# benched

## The past tense of bench is benched

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## The Forms of Bench

Infinitive	<b>to bench</b>
Present Tense	<b>bench / benches</b>
Past Tense	<b>benched</b>
Present Participle	<b>benching</b>
Past Participle	<b>benched</b>

## Conjugate Bench

### Bench in Present Simple (Indefinite) Tense

**Singular**

**Plural**

I **bench**

We **bench**

You **bench**

You **bench**

He/She/It **benches** They **bench**

## **Bench in Present Continuous (Progressive) Tense**

**Singular**

**Plural**

I **am benching**

We **are benching**

You **are benching**

You **are benching**

He/She/It **is benching** They **are benching**

## **Bench in Present Perfect Tense**

**Singular**

**Plural**

I **have benched**

We **have benched**

You **have benched**

You **have benched**

He/She/It **has benched** They **have benched**

## **Bench in Present Perfect Continuous Tense**

**Singular**

**Plural**

I **have been benching**

We **have been benching**

You **have been benching**

You **have been benching**

He/She/It **has been benching** They **have been benching**

## **Bench in Past Simple (Indefinite) Tense**

**Singular**

**Plural**

I **benched**

We **benched**

You **benched**

You **benched**

He/She/It **benched** They **benched**

## **Bench in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

I was benching	We were benching
You were benching	You were benching
He/She/It was benching	They were benching

**Bench in Past Perfect Tense**

**Singular**

**Plural**

I had benched	We had benched
You had benched	You had benched
He/She/It had benched	They had benched

**Bench in Past Perfect Continuous Tense**

**Singular**

**Plural**

I had been benching	We had been benching
You had been benching	You had been benching
He/She/It had been benching	They had been benching

**Bench in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

I will bench	We will bench
You will bench	You will bench
He/She/It will bench	They will bench

**Bench in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

I will be benching	We will be benching
You will be benching	You will be benching
He/She/It will be benching	They will be benching

**Bench in Future Perfect Tense**

**Singular**

**Plural**

**I will have benched**

**We will have benched**

**You will have benched**

**You will have benched**

**He/She/It will have benched**

**They will have benched**

**Bench in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been benching**

**We will have been benching**

**You will have been benching**

**You will have been benching**

**He/She/It will have been benching**

**They will have been benching**