

bench-pressed

The past tense of bench-press is bench-pressed

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The Forms of Bench-press

Infinitive	to bench-press
Present Tense	bench-press / bench-presses
Past Tense	bench-pressed
Present Participle	bench-pressing
Past Participle	bench-pressed

Conjugate Bench-press

Bench-press in Present Simple (Indefinite) Tense

Singular**Plural****I bench-press****We bench-press****You bench-press****You bench-press****He/She/It bench-presses****They bench-press****Bench-press in Present Continuous (Progressive) Tense****Singular****Plural****I am bench-pressing****We are bench-pressing****You are bench-pressing****You are bench-pressing****He/She/It is bench-pressing****They are bench-pressing****Bench-press in Present Perfect Tense****Singular****Plural****I have bench-pressed****We have bench-pressed****You have bench-pressed****You have bench-pressed****He/She/It has bench-pressed****They have bench-pressed****Bench-press in Present Perfect Continuous Tense****Singular****Plural****I have been bench-pressing****We have been bench-pressing****You have been bench-pressing****You have been bench-pressing****He/She/It has been bench-pressing****They have been bench-pressing****Bench-press in Past Simple (Indefinite) Tense****Singular****Plural****I bench-pressed****We bench-pressed****You bench-pressed****You bench-pressed****He/She/It bench-pressed****They bench-pressed****Bench-press in Past Continuous (Progressive) Tense**

Singular

Plural

I was bench-pressing

We were bench-pressing

You were bench-pressing

You were bench-pressing

He/She/It was bench-pressing

They were bench-pressing

Bench-press in Past Perfect Tense

Singular

Plural

I had bench-pressed

We had bench-pressed

You had bench-pressed

You had bench-pressed

He/She/It had bench-pressed

They had bench-pressed

Bench-press in Past Perfect Continuous Tense

Singular

Plural

I had been bench-pressing

We had been bench-pressing

You had been bench-pressing

You had been bench-pressing

He/She/It had been bench-pressing

They had been bench-pressing

Bench-press in Future Simple (Indefinite) Tense

Singular

Plural

I will bench-press

We will bench-press

You will bench-press

You will bench-press

He/She/It will bench-press

They will bench-press

Bench-press in Future Continuous (Progressive) Tense

Singular

Plural

I will be bench-pressing

We will be bench-pressing

You will be bench-pressing

You will be bench-pressing

He/She/It will be bench-pressing

They will be bench-pressing

Bench-press in Future Perfect Tense

Singular

Plural

I will have bench-pressed

We will have bench-pressed

You will have bench-pressed

You will have bench-pressed

He/She/It will have bench-pressed

They will have bench-pressed

Bench-press in Future Perfect Continuous Tense

Singular

Plural

I will have been bench-pressing

We will have been bench-pressing

You will have been bench-pressing

You will have been bench-pressing

He/She/It will have been bench-pressing

They will have been bench-pressing