

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