

# BenchPress

<https://wpdemo.net/demos/plugins/benchpress>

BenchPress is a WordPress® plugin for benchmarking PHP code snippets, WordPress® queries, and other critical operations.

It's designed to help developers evaluate and optimize code performance by running benchmarks and capturing snapshots for later comparison.

## Usage

Once installed and configured, you can run benchmarks, view results, and save snapshots for later reference:

Running Benchmarks: Navigate to BenchPress in your WordPress® admin menu. Click Refresh Tests to run all enabled benchmarks and view results. Saving Snapshots: On the main BenchPress page, click Save Snapshot to save a record of the current benchmark results. Viewing Snapshots: Go to BenchPress > Snapshots to view all saved snapshots. Each snapshot can be viewed, downloaded, or deleted.

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