

# Bench Dip Instructions

*Equipment Needed: Two Benches*

Refer to *All Bench Dip Exercises* for the related instructions.

**Note:** This is an advanced level exercise and should not be performed if you have any shoulder or elbow problems. You must also be able to lift more than half your body weight.

## How to Use the Bench to Get into Start Position:

- The most challenging bench dip exercise steps are shown below. Please use the **ALTERNATIVE STEPS**, if additional assistance is needed. (see next page)

**Step 1**



Position the benches based on your leg length. Sit on one bench and extend your legs so your heels rest on the other bench.

**Step 2**



Keeping your arms close to the sides of your body, grip the edge of the bench.

**Step 3**



Lift your glute and bring it forward off the edge of the bench, while keeping a slight bend in your knees.

# Bench Dip Instructions

Equipment Needed: One Bench

**Note:** This is an advanced level exercise and should not be performed if you have any shoulder or elbow problems. You must also be able to lift more than half your body weight.

## ALTERNATIVE STEPS

- Steps below are for the use of one bench; both feet on the floor.

### Step 1



Sit on the bench and extend your legs so your heels rest on the floor.

### Step 2



Keeping your arms close to the sides of your body, grip the edge of the bench.

### Step 3



Lift your glute and bring it forward off the edge of the bench, while keeping a slight bend in your knees.

- Steps below are for the use of one bench, one foot on the floor, and the other foot used a spotter (assistance)

### Step 1



Sit on the bench and extend your legs so your heels rest on the floor.

### Step 2



Keeping your arms close to the sides of your body, grip the edge of the bench.

### Step 3



Bring your right leg in to form a 90-degree angle, keeping that foot flat on the floor. Lift your glute and bring it forward off the edge of the bench, while keeping a slight bend in your knees.

# Bench Dip

*Equipment Needed: Two Flat Benches*

## Start at this Position:

- **Note:** This is an advanced level exercise and should not be performed if you have any shoulder or elbow problems. You must also be able to lift more than half your body weight. If you feel any pain, **STOP IMMEDIATELY!**
- Sit on one bench. Grip the edge of the bench with both hands, keeping your arms as close to your body as possible. *Refer to Start Position (Back View).*
- **Refer to Bench Dip Instructions (see previous pages), if necessary.**
- Lift your glute and bring it slightly forward, keeping a slight bend in your knees. *Refer to Start Position.*
- Keep your back straight and your head aligned with your spine.

## Steps to Performing the Exercise:

### 1. Start Position



Inhale as you slowly lower your body, keeping your back close to the bench and your elbows close to your body.

### 2. Middle Position



As you lower, concentrate on keeping your forearms perpendicular to the floor. Keep your back straight and your head aligned with your spine.

### 3. End Position



Continue to lower your body until your arms form a 90-degree angle to the floor. Keep your elbows as close to your body as possible. Hold for 1/2 a second. *Refer to End Position- Back View.*

### Start Position- Back



At start position, keep your arms close to the body.

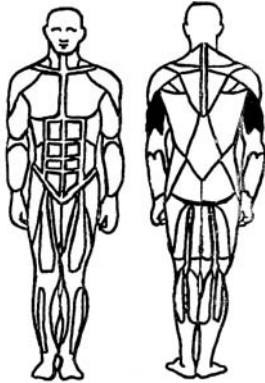
### ARM POSITIONS

At end position, going lower than 90 degrees could possibly cause injury.

### End Position- Back



## Bench Dip



### Region: Arms

- Primary Muscle Worked: Triceps

### Focus on Your Form:

- Throughout the entire range of motion:
  - Keep your back straight, your head aligned with your spine and your knees bent.
  - Keep your elbows as close to your body, as possible.
  - Keep your forearms perpendicular to the floor.
- At start position, do not lock out your elbows.
- At end position, never lower your body to the point that your arms go beyond a 90 degree angle to the floor.
  - **Do not perform this exercise if you feel any discomfort. If you feel any pain, STOP.**

#### 4. Return to Middle



Exhale as you slowly raise your body back to start position, keeping your back close to the bench.

#### 5. Return to Start



Do not lock out your elbows. Hold for 1/2 a second, squeezing your triceps. Repeat the movement for the recommended number of repetitions.