

Dip

Equipment Needed: Dip Station



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 be able to lift your body weight. If you feel any pain, **STOP IMMEDIATELY!**
- Position yourself on the dip station.
- Gripping the handles, lift your body. Keep a slight bend in your elbows. Do not fully extend your arms.
- Cross your ankles and bring your legs to 90-degrees. *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. Concentrate on keeping your forearms perpendicular to the floor. Your upper body moves slightly forward as you lower.

2. End Position

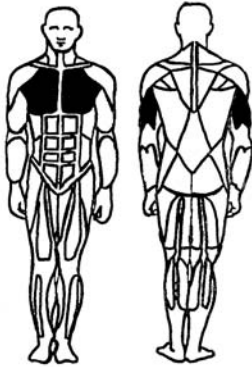


Lower until your arms form a 90-degree angle to the floor. *Refer to Figure A.* Hold for 1/2 a second.

3. Return to Start



Exhale as you slowly return to starting position. Hold for 1/2 a second, squeezing your chest and triceps. Repeat the movement for the recommended number of repetitions.



Region: Chest

- Primary Muscles Worked: Pectorals, Triceps

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and your head aligned with your spine.
 - Keep your forearms perpendicular to the floor.
- At start position, do not lock out your elbows.
- **To alleviate unnecessary stress on your shoulders, do not lower beyond the 90-degree position of your arms.**
- Forming a 90-degree angle in your legs enables a spotter to assist you at your shins.
- **If you feel any pain, STOP IMMEDIATELY!**

Figure A

