

DIPS **ADVANCED**

START



MIDDLE



END



- Grab the bar and maintain a strong grip throughout
- Keep body upright and knees bent at 90%
- Engage abdominals to keep form
- Elbows strong and look forwards
- Inhale and lower body in controlled manner
- Drop down until shoulders and elbows are level
- Only go lower if you have a bigger range of movement in shoulders
- Exhale whilst pushing back up to start position
- Maintain strong elbows and avoid turning them in or locking
- Repeat the sequence

MUSCLES TARGETED

LOWER PECTORIALS, DELTOIDS AND TRICEPS

- Dips are an upper-body exercise that not only focuses on building strong triceps but also targets the chest and shoulders
- Triceps and upper-body strength gained from Dips will also improve your Bench Press strength

NOTE

A poor grip during Dips will severely limit muscle activation in the rest of the body which will effect stability and reduce the benefits of the exercise.