Title: Gymnastic Ring Dips

Primary Muscle Groups: Chest, Triceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using a box, mount the rings with your palms facing inwards, keeping your arms straight and close to your body in a support position. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend your elbows and allow your body to slowly lower itself until the bend at your elbow just passes a 90-degree angle. Be sure to keep your arms close to your body at all times. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this position for a second while keeping the rings steady. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using your chest and triceps, drive your body back upwards until you reach the starting, support position. </span></li>

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