Title: Chair / Bench Tricep Dips

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li>Sit on a chair with your hands either next to your hips or slightly under the hips.</li>

<li>Lift up onto your hands and bring your hips forward.</li>

<li>Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.</li>

<li>Push back up but don’t lock your elbows and repeat.</li>

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