Title: Triceps Dips

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Chest, Forearms, Shoulders

Summary: <ol>

<li>Standing between the bars of a dip station, grip the bars with an overhand grip,keeping your elbows tucked in close to your body.</li>

<li>Allow your body weigh to hang so it is being supported by your arms and shoulders. Keep your hips straight.</li>

<li>Push down through your palms with your arms, lifting your body up until your arms are almost straight. (Do not lock your elbows)</li>

<li>Lower your body by slowly bending your elbows and continue down until you feel a slight stretch in your shoulders.</li>

<li>Pause, then push yourself back to the starting position.</li>

<li>Repeat.</li>

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