

# TRICEP DIPS/DIPS ON CHAIR

This two are same. Chair dips are also called tricep dips because they work the tricep muscles on the back of the upper arms. In fact, some experts explain that chair dips are the most effective workout for this muscle. The triceps are important in everyday movement that involves extending the elbow and forearm.

## How to do it:

1. Place your hands shoulder-width apart on the furniture you're propping yourself up on.
2. Shift your pelvis and bottom forward so there's a 3- to 6-inch gap between your back and the object — giving you clearance as you dip down.
3. Bend your legs in a 90-degree angle with your feet planted firmly on the ground, or extend them out in front of you (but don't lock your knees).
4. Slowly lower your body down and back up, focusing on engaging your triceps.

## Benefits:

The triceps dip/dips on chair is one of the most effective exercises for activating the triceps muscles in your upper arm. Additionally, you must activate your core as you hold your hips off the ground. The triceps are used for pushing, and you will engage them in any daily activities that require pushing. That being said, you want to keep your body in balance. If you participate in sports that use a lot of pulling action, you want to maintain strength in your triceps in order to prevent injury and muscle imbalances.