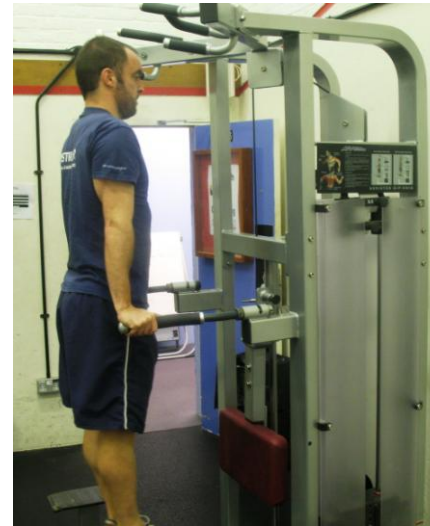

Dips (Assisted)

The dip exercise targets the pectorals and triceps and again can be used to for good activation of the chest fibres.



Target Muscles

Primary Muscles: pectoralis major, anterior deltoid, rhomboids, latissimus dorsi,

Secondary Muscles: bicep brachii, trapezius

Teaching Points

- Select the appropriate weight (remember the heavier it is the easier it is), turn the handles in
- Stand on the bottom step and grasp the handles
- Holding the handles place both knees onto the pad
- Under control lower yourself to the floor until upper arms are parallel to the floor
- Push back up to the start, using the triceps, chest and anterior deltoids, extending the arms
- Keep the core engaged and spine straight (avoid bringing the knees to the chest to help push back up to the start)

Look out for: bringing the knees to the chest rather than pushing up through the arms, spinal alignment, shift to the left or right

