

# BENCH DIPS



1. For this exercise you will need to place a flat bench behind your back and another flat bench in front of you. With both benches perpendicular to your body and parallel to the floor, hold (very firm) on to the edge of the bench placed behind you, while keeping your hands close to your body and spread at shoulder width apart. Your arms should be fully extended with your elbows locked, while carrying your upper body's weight up.
2. Extend your legs forward and place both of your heels on top of the bench that's placed in front of you. Make sure to keep your knees slightly bent to take pressure off your knee joints. This will be your starting position.
3. Slowly start lowering down your body by bending your elbows until you've lowered yourself far enough to an angle that is slightly less than 90 degrees between your upper arms and your forearms. Make sure not to dip yourself too far down that you end up overstraining or injuring your shoulders, and try to keep your elbows close to your body throughout the entire movement.
4. Now use your triceps muscles to push/raise your upper body all the way back up to its starting position, while keeping your triceps fully muscles engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

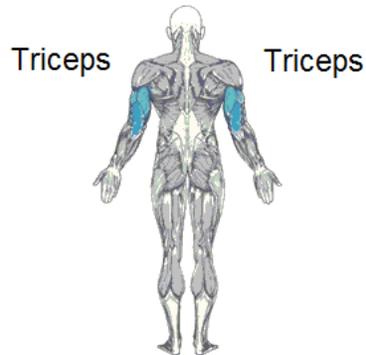
**CAUTION:** STOP immediately if you felt any sharp pain in your knees, lower back, shoulders, chest, elbows, wrists and/or triceps muscles. Make sure to use flat benches that are absolutely firm and stable on the ground (not shaky) to avoid any possibility of your hands slipping off the bench and getting yourself injured.

## ALTERNATIVE EXERCISES:

[Straight Bar Cable PushDowns](#) / [EZ Cable PushDowns \(Wide Grip\)](#) / [Seated Overhead Plate Extensions](#) / [Seated Overhead Dumbbell Extensions](#) / [Lying Dumbbell Extensions](#)

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## PRIMARY MUSCLE

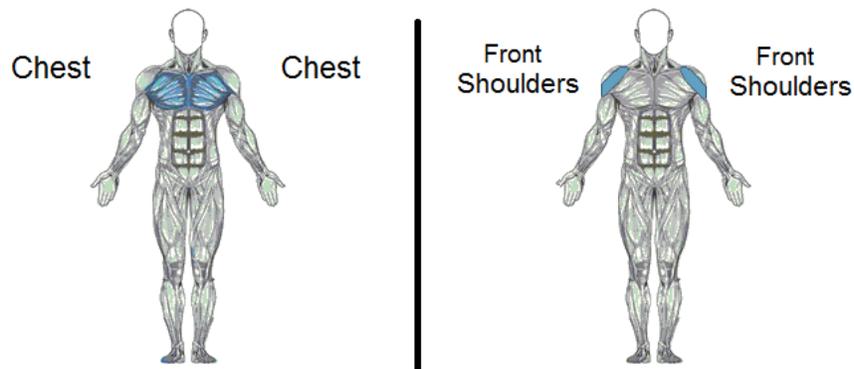


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%70** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30** when performing this exercise.

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