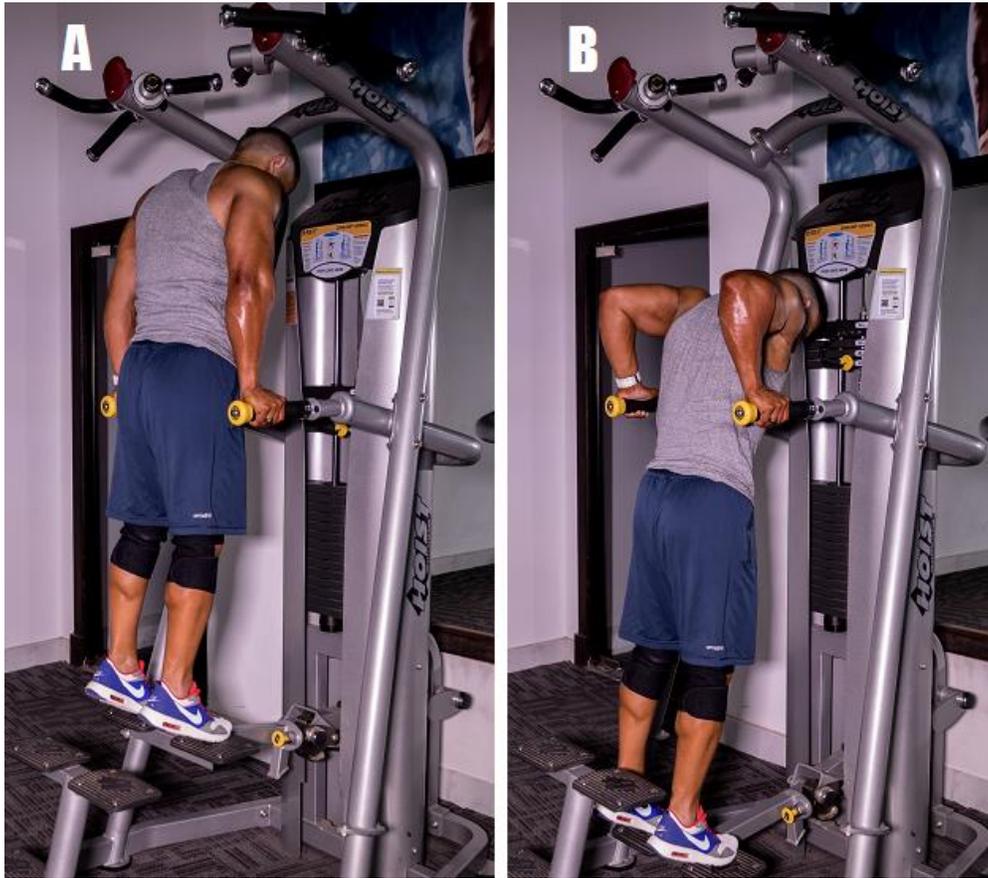


MACHINE ASSISTED DIPS



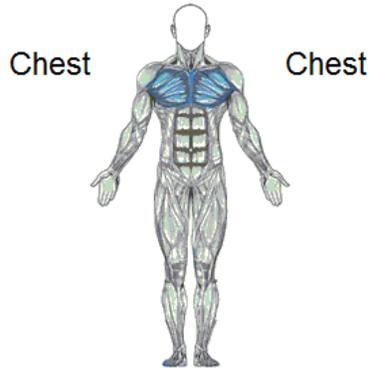
1. For this exercise you will need to use an **Assisted Chin-Up / Dip Machine**. First, adjust the proper resistance (assistance) to be used to help you properly perform this exercise. Get yourself into your starting position by holding your body up at arm's length above the dips bars with your elbows locked and as you press down with your feet against the assisting platform just beneath you. The platform should push you up (assist you) while performing the exercise. Make sure to adjust the Dips bars to the 'narrow' setting instead of the 'wide' one so it's more effective and safer for your elbows.
2. Slowly start lowering down your body with your torso slightly leaning forward, and your elbows kept close to your torso. Go all the way down until you feel a nice stretch across the outer portion of your chest muscles.
3. Use your chest & triceps muscles to bring your body all the way back up to your starting position, while squeezing in your chest muscles as hard as you can throughout the entire movement.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER set the machine's weight resistance (assistance) on a light assistance setting unless you're very confident about your strength level and the amount of assistance you need to properly perform this exercise without overstraining or injuring your shoulders and/or elbows. A proper adjusted resistance (assistance) should have you mostly engage the outer portion of your chest muscles -as it should- instead of having you rely on your arms to perform this exercise.

ALTERNATIVE EXERCISES: [Flat Bench Dumbbell Press \(Neutral Grip\)](#) / [Decline Cable Flys](#) / [Flat Bench Dumbbell Press & Twist](#)

MACHINE ASSISTED DIPS

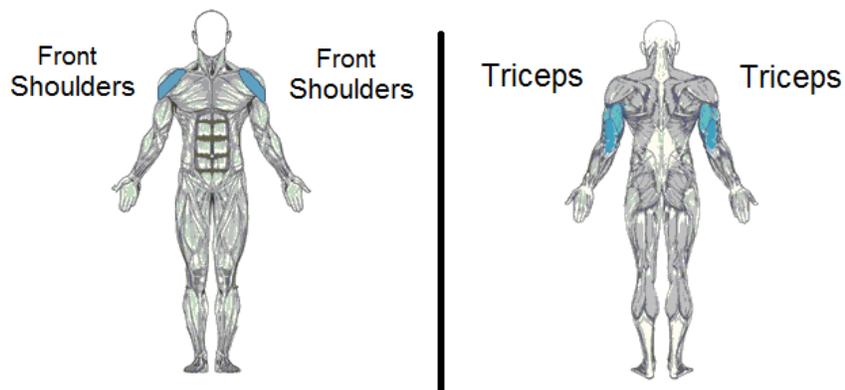
PRIMARY MUSCLE



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 **%60 - %70** when performing this exercise.

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 - %40** when performing this exercise.

MACHINE ASSISTED DIPS



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