

# Bench Dips

MAP REF

1

MAP REF

2

MAP REF

3

MAP REF

4

MAP REF

5

MAP REF

9

## Strength

### HOW TO

- Sit up straight on the long edge of the bench with your legs slightly extended and your feet flat on the floor
- Place your hands on both sides of the bench just outside your hips. Your palms should be down, fingertips pointing forward and towards the floor
- Engage your core
- Without moving your legs, bring your buttocks forward off the bench
- Steadily lower yourself. When your elbows form 90 degree angles, push yourself back up to the starting position
- Repeat



# Bench Dips

(continued)

MAP REF  
1

MAP REF  
2

MAP REF  
3

MAP REF  
4

MAP REF  
5

MAP REF  
9

## Strength

BEGINNER

Bring your feet closer to the bench

