

**Dips**

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- While sitting on a bench or other stable surface, place your hands on the bench, close to your body, wrapping your fingers over the edge
- With your knees straight or slightly bent, support your weight on your hands. The closer your feet are to the bench the easier this will feel
- Tighten your abdominal muscles, and hold them tight throughout the exercise
- Point your elbows behind you and lower your body toward the floor, not going deeper than the point at which your upper arms are parallel to the floor
- Push yourself back up to the start position and repeat.
  
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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