

# Triceps Dips



**Muscle Group:** Arms (triceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Body weight

## Instructions

1. Sit on a bench, curb, or on the ground with your hands next to your hips and knees bent.
2. Lift your body up and move it forward in front of the bench or ground so that your arms and elbows remain behind you.
3. Bend your elbows and lower your body towards the ground then push back up. Keep your back straight during this exercise.
4. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Make sure movements are slow and controlled.
- For more of a challenge, move your feet further away from your body.
- You should feel this exercise in the back of your arms (triceps).
- Move your feet closer to your body.



Click here or scan the QR Code below to watch video instructions!

