

Fitness Forum: Bench dips help strengthen chest, triceps

by CNS

The moves: Performing a bench dip with the feet on an exercise ball.

BENCH DIP - Firefighter Jill Murray performs a bench dip with her feet on a stability ball and her torso erect. CNS Photo by Nadia Borowski Scott. Works on: Chest and triceps strength, trunk stability.

Set up: Sit sideways on a flat bench with an exercise ball at your feet. Place one leg at a time on top of the ball and raise your buttocks off the bench using your arms. Roll forward just enough so the buttocks clear the bench.

Steps: Keep the head and eyes up, and torso straight. Perform a bench dip, but do not move farther away from the bench.

Repetitions: Three sets of 10-15.

Precautions: Keep the buttocks close to the bench, otherwise this exercise can be very stressful on the shoulders. Do not drop the head or round the shoulders. Do not go deeper in the dip than the upper arms being parallel with the ground.

Options: For more challenge, add a weight plate to your lap.

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