

Fitness Forum: Dips combine strength and balance

by CNS

THE MOVES: Standing, single-leg dip.

WORKS ON: Balance and lower extremity strength.

STRENGTH AND BALANCE - Firefighter Rich Marcello performs single leg dips off a step to improve balance and lower extremity strength. CNS Photo by Nadia Borowski Scott.

SETUP: Position a Reebok step or similar platform lengthwise to a wall. Stand on top of the step with the body perpendicular to the wall. Position the feet so one is close to the edge (support leg), and the other dangles over the side (free leg). Use the wall for balance if needed.

STEPS: Start with hands on the hips and balancing on the support leg. Keeping the free leg straight, perform a single leg squat on the support leg until the heel of the free leg lightly touches the ground. Do not transfer weight to the touch leg, but immediately return to the start position. Keep the hips level throughout the entire exercise. Keep the eyes looking forward and the chest up. Slow, controlled movements are best.

REPETITIONS: Perform three to five sets of 10-15 repetitions on each leg.

PRECAUTIONS: Keep the area around the step clear for safety.

OPTIONS: Begin with a 4-inch step height and progress as tolerated.

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