



EXPLOSIVE DIPS



HOW TO DO IT:

- 1 Sit on a chair or bench, holding on to the edge with both hands, knuckles pointing forward. Slide your bottom off the seat and hold yourself up with arms straight, keeping your body close to the chair.
- 2 Slowly lower your body for 3 counts as you bend your elbows (they should point directly behind you, not out to the sides).
- 3 At bottom of dip, push off the chair in an explosive motion and straighten arms, propelling hands off the chair. This should be done quickly, in 1 count.
- 4 When hands return to chair, immediately begin the slow descent again without rest in between.
- 5 Repeat.

make it easier:

Perform basic dips and remove the explosive element, or alternate regular dip with explosive dip.

make it harder:

Extend legs out straight in front of you.