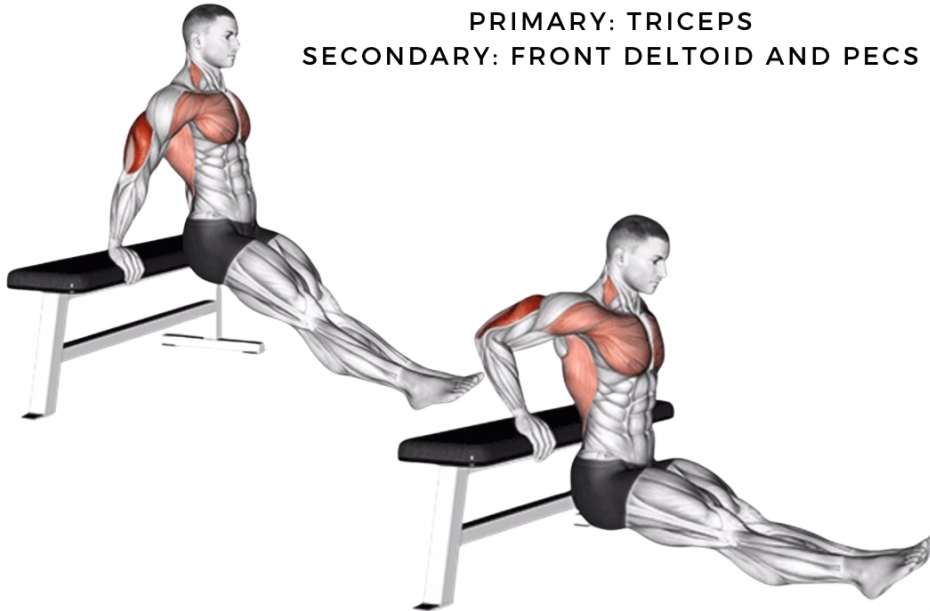


## HOW TO PERFORM A BENCH DIP

### MUSCLES WORKED

PRIMARY: TRICEPS  
SECONDARY: FRONT DELTOID AND PECS



1. Sit down on a bench, hands next to your thighs. (You can also perform a bench dip off a stair or other elevated surface; the same steps apply.)
2. Walk your feet out and extend your legs, lifting your bottom off the bench and holding there with extended arms.
3. Hinging at the elbow, lower your body down as far as you can go, or until your arms form a 90-degree angle.
4. Push up through your palms back to start.