

30 DAY TRICEP DIP CHALLENGE CHALLENGE

Tricep dips are a bodyweight move that works your shoulders, triceps and chest. This exercise also builds strength in your core and provides conditioning to the entire upper body.

There are several types of tricep dips that will be used in this program over the course of the 30 day challenge. It is important to note, that while effective, tricep dips can have an impact on shoulder stability and wrist strength too. While the program is designed to build over 30 days, you can always add extra rests days and spread out the workout, taking extra breaks when needed!

How to do a basic (bench) tricep dip

1. Grip the front edge of a chair or bench with your hands
2. Hover your bottom just off, and in front, of the seat, feet flat, and legs bent so thighs are parallel to the floor
3. Straighten your arms out - this is the starting position
4. Lower your body towards the floor until your arms form 90-degree angles - keep your back perpendicular to the bench and floor
5. Engage your core, and using the triceps, press back to the start



All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

Types of Dips

You saw the standard Dip described on Page 1. Here are a few other ones you will see in this program.

Modified Dip:

You can do this dip as a variation - scaled down all dips down 1 level throughout the program. This variation is a regression, involves doing the dip on the floor.



Straight Leg Tricep Dips

These dips are a progression of the tricep dip on a bench by extending the legs out straight



Feet Elevated Tricep Dips

Elevating the feet makes this move more challenging.



10 Tricep Dips 1	8 Tricep Dips X2 2	8 Tricep Dips X3 3	10 Tricep Dips X 3 4	Rest 5
8 Tricep Dips 8 Straight Leg Dips 6	10 Straight Leg Dips 7	10 Tricep Dips 10 Straight Leg Dips 8	8 Tricep Dips 8 Straight Leg Dips X2 9	Rest 10
12 Straight Leg Dips 12 Tricep Dips 4 Tricep Dip Holds* *Hold for 4 sec at the bottom 11	15 Straight leg dips 10 Tricep Dip Holds X2 12	15 Straight Leg Dips 10 Tricep Dips 8 Tricep Dip Holds 13	12 Straight Leg Dips 12 Tricep Dips 4 Tricep Dip Holds X3 14	Rest 15
8 Straight Leg Dip Holds 10 Tricep Dips X4 16	Rest 17	15 Straight Leg Dips 10 Tricep Dips 8 Tricep Dip Holds X2 18	Rest 19	20 Tricep Dips 15 Straight Leg Dips X2 20
Rest 21	5 Feet Elevated Dips 10 Straight Leg Dips 15 Tricep Dips X2 22	8 Feet Elevated Dips 12 Straight Leg Dips 18 Tricep Dips X2 23	Rest 24	10 Feet Elevated Dips 10 Straight Leg Dips 10 Tricep Dips X3 25
8 Feet Elevated Dips X2 8 Straight Leg Dips 8 Tricep Dips X4 26	15 Feet Elevated Dips X3 15 Tricep Dips X2 27	Rest 28	20 Tricep Dips 20 Straight Leg Dips 20 Feet Elevated Dips 29	10 Tricep Dips X3 10 Straight Leg Dips X3 10 Feet Elevated Dips X3 30

You can take breaks and modify any time needed. This Program is designed to be repeated as you increase the difficulty!