



UCSU

Home Training Kit

DIPS

Difficulty rating:



Pro Tip:

Find a sturdy surface. Facing away from it grab the edge with knuckles facing forwards. Keep legs straight & weight into heels. Press into your palms to lift your body. Then lower yourself, bending the elbows. Slowly push back to start position and repeat. Too much? Bend the knees.

Hot Spot:

Arms

Reps and Sets:

3 sets of 10 reps

