



Make sure if you do this with rollers on your chair..... That you are secured up against the wall!!



Chair Tricep Dips

Challenge: Perform the following

Beginners: 2 set of 10 repetitions – a.m. & p.m.

Intermediate: 3 sets of 12 repetitions – a.m. & p.m.

Experienced/Pro: 3 sets of 15 repetitions – a.m. & p.m.

Tricep Chair Dips: This exercise is nice because it also involves other muscle groups--the shoulders, abs and back all work to keep you stable--your legs too! Do it right: Begin sitting on a step or chair with hands under your rear end. Balance on your arms, moving backside in front of the step with legs straight (harder) or bent (easier). Bend the elbows and lower body a few inches, keeping the shoulders away from your ears and the elbows parallel to one another, going no lower than 90 degrees. Push back up to starting position. If you have any wrist or shoulder problems, skip this exercise.