Assisted Tricep Dip Machine

Select desired weight. Since this is an assisted dip machine choose more weight to make the exercise easier and less weight to make the exercise more difficult. Turn the handlebars inward if you have narrow shoulders and outward if you have wide shoulders. Grasp the handlebars and place your knees on the knee pads as shown.

Inhale and bend your elbows to lower your body. Stop when your arms are parallel to the floor. Exhale and push your body back up to the starting position.