Bench Dip (Intermediate)

Triceps

• Place hands on handlebars so they are in level with the midline of the chest. Use the seat adjustment to raise or lower the seat if needed.
• Cross ankles to keep the lower back close to the back rest.

• Exhale and press forward to extend the triceps. Keep the elbows straight but not locked.
• Inhale and slowly lower the weight to the starting position.