



## TRAINING ZONE

PRESENTED BY



# DIPS

### ► DRILL OVERVIEW

- Triceps Dips, as a part of the fitness component in this series, helps you develop the sport specific muscle group to compete at your highest level. When performing dips, you want to make sure you are using a stable surface, and that your elbows come to a 90 degrees angle. Dips are integral in wheelchair sports, because it simulates you pushing your chair.

### ● BEST PRACTICES

- Keep your elbows pointing behind you instead of out to the side.
- Lower yourself until you feel a slight stretch in the front of your shoulder, then push up.
- Start slowly and build up your repetitions and sets as you get stronger.

### ★ MODIFICATIONS

- Dips can be performed in any wheelchair as well as in an armchair, or other surfaces.
- You can make dips easier by supporting your lower body on another surface.
- You can make dips harder by doing slower repetitions or wearing a backpack with weight inside.

### ▲ SAFETY TIPS

- Lock brakes or secure the wheels of your wheelchair to keep it stable as you perform the exercise.
- When using furniture, be sure that you use firm, stable surfaces.