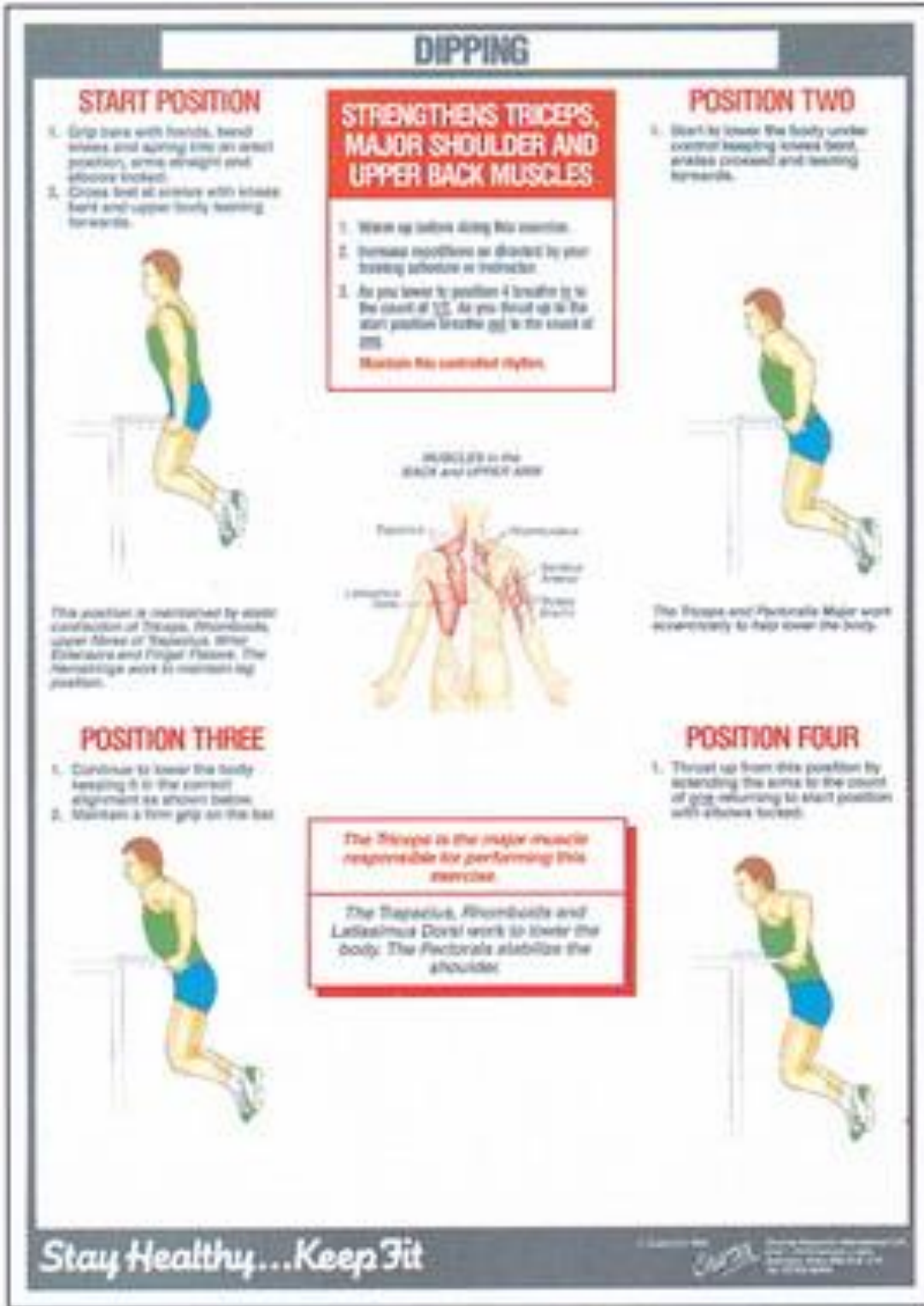


## Dipping Wall Mounted Chart– CT116

<p><b>Description</b></p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Helps to reinforce coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machine.</p>
<p><b>Details</b></p>	<p>1. Dimension: A3 Size</p>
<p><b>Image</b></p>	 <p><b>DIPPING</b></p> <p><b>START POSITION</b></p> <ol style="list-style-type: none"> <li>1. Grip bars with hands, bend knees and spring into an erect position, arms straight and elbows locked.</li> <li>2. Cross feet at ankles with knees bent and upper body leaning forwards.</li> </ol> <p>This position is characterised by equal contribution of Triceps, Pectorals, upper fibres of Trapezius, other Erectors and Finger Flexors. The Hamstrings work to maintain leg position.</p> <p><b>POSITION TWO</b></p> <ol style="list-style-type: none"> <li>1. Start to lower the body under control keeping knees bent, ankles pointed and leaning forwards.</li> </ol> <p>The Triceps and Pectoralis Major work eccentrically to keep over the body.</p> <p><b>MUSCLES in the BACK and UPPER ARM</b></p> <p>Triceps, Pectoralis Major, Deltoid, Latissimus Dorsi, Rhomboids, Trapezius, Erector Spinae, Finger Flexors</p> <p><b>POSITION THREE</b></p> <ol style="list-style-type: none"> <li>1. Continue to lower the body keeping it in the correct alignment as shown below.</li> <li>2. Maintain a firm grip on the bar.</li> </ol> <p>The Triceps is the major muscle responsible for performing this exercise.</p> <p>The Trapezius, Rhomboids and Latissimus Dorsi work to lower the body. The Pectorals stabilise the shoulder.</p> <p><b>POSITION FOUR</b></p> <ol style="list-style-type: none"> <li>1. Thrust up from this position by extending the arms to the point of going returning to start position with elbows locked.</li> </ol> <p><b>Stay Healthy... Keep Fit</b></p>