

# StrongLifts Dips Tip Sheet

## How to do Dips

1. Setup. Grab the bars and jump up. Balance yourself with locked elbows.
2. Dip. Lower your body by bending your arms. Lean your torso slightly forward.
3. Break Parallel. Go down until your shoulders are below your elbows at the bottom.
4. Rise Up. Lift your body back up to the starting position by straightening your arms.
5. Lockout. Balance yourself with your shoulders over your hands. Lock your elbows.

## Dips Form 101

- Grip Width. Your hands should be under your shoulders and just outside your hips.
- Grip. Hold the bars low hand, close to your wrists. Use a full grip and squeeze the bars.
- Forearms. Keep your forearms vertical from all angles, on the way down and the way up.
- Elbows. Lock them at the top. Tuck 45° at the bottom. Don't flare them or touch your torso.
- Chest. Raise your chest before lowering yourself. Raise your chest between reps at the top.
- Shoulders. Push them back and down. Don't let them roll forward. Don't shrug them either.
- Head. Keep your head inline with your torso. Don't look at the ceiling. Look at the floor in front.
- Torso. Your torso must be slightly incline for balance. Lean slightly forward while you lower yourself.
- Lower Back. Don't over-arch your lower back. Stay neutral. Straight line from shoulders to knees.
- Legs. Bend your knees and cross your feet. You can keep your legs straight if you have high bars.
- Top. Arms straight. Elbows locked. Chest up. Shoulders pushed down. Torso slightly incline.
- Way Down. Raise your chest, take a big breath and bend your arms. Lean slightly forward.
- Bottom. Break parallel by lowering yourself until your shoulders are below your elbows.
- Way Up. Rise up by straightening your arms. Don't look up. Keep your shoulders down.
- Lockout. Arms straight. Elbows locked. Chest up. Shoulders down. Head neutral.
- Breathing. Inhale at the top. Hold it on the way down. Exhale at the top again.

## Lack Strength for Dips?

- Do Negatives: lower yourself slowly, jump up again over the bars, repeat
- Grease the groove: dip daily between two chairs, focus on way down only
- Avoid machines: to get better at Dips you must do Dips. Don't use machines

## Read more

- <http://stronglifts.com/dip/>
- <http://stronglifts.com/5x5/>
- <http://stronglifts.com/apps/>