

RING DIP

RING SUPPORT

RING DIP - HEELS UP

RING DIP - HEELS DOWN

DIP - KNEES LOCKED

DIP - KNEES BENT



Athlete starts from fully-extended elbows, feet off the ground, and lowers herself until her thumbs are at armpit level (elbows smaller than 90-degree angle.) She presses up to return to full extension (suspended.)

From the ground, with hands in rings and elbows smaller than 90 degrees, the athlete presses herself to full extension, suspended off the ground, and holds for 3 seconds.

Feet on a box in front of their torso, athlete keeps their legs straight and lowers themselves to a position where elbows are smaller than 90 degrees of flexion. Then they press back up. Some 'heel dig' (static hip extension) is allowed.

Knees bent and feet flat on the floor, athlete lowers herself to a position where elbows are smaller than 90 degrees of flexion, and presses back up to full extension. Pressing on the feet will assist with the press.

With hands on a stable surface behind them, fingers pointed forward, the athlete lowers herself using her arms. Flexion comes from the elbow; torso stays within 1 inch of the stable object, instead of travelling far out from the object. Maximal elbow flexion is the goal. Legs remain straight with heels on the ground or an elevated surface in front of the athlete.

In a 'chair' position, the athlete places her hands on a stable surface with fingers pointed forward. She lowers herself using primarily arm strength until elbow angle is smaller than 90 degrees. Torso stays close to the dip station.



10 in a row.

10 in a row.

20 in a row.

15 uninterrupted

15 uninterrupted

