

# Bench Dip

The Bench Dip is a classic body-weight exercise that targets your hard-to-isolate triceps. This version replaces a weight bench with an ordinary chair.

### HOW TO DO IT

- Sit up tall near the front of a sturdy chair. Place your hands beside your hips, wrapping your fingers over the front edge of the chair.
- Extend your legs in front of you slightly, and place your feet flat on the floor. Scoot off the edge of the chair until your knees align directly above your feet and your torso will be able to clear the chair as you dip down.
- Bend your elbows directly behind you without splaying them out to the sides, and lower your torso until your elbows make a 90-degree angle.
- Press into the chair, raising your body back to the starting position. Repeat for the recommended repetitions.

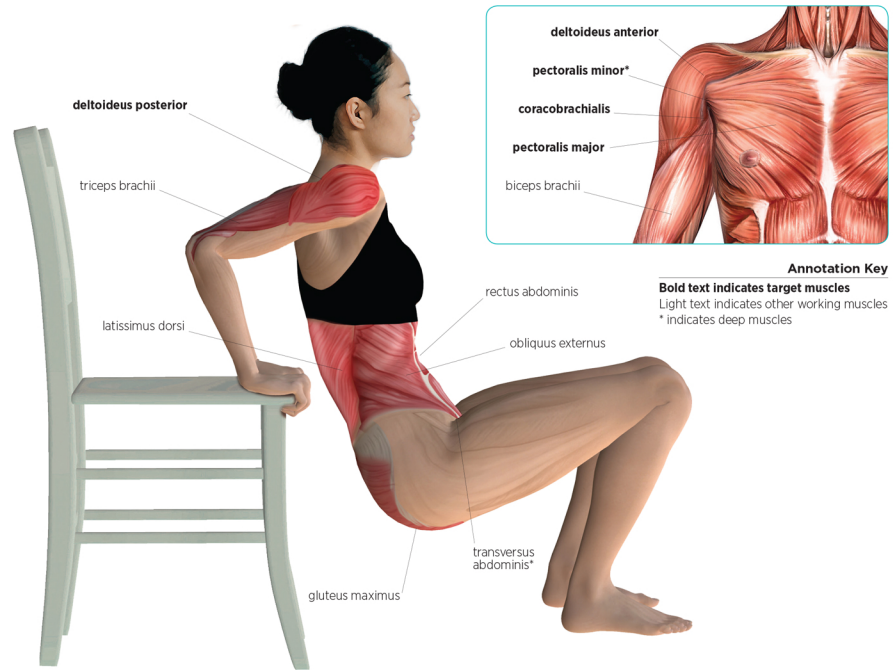


### DO IT RIGHT

- Keep your body close to the chair.
- Keep your spine in a neutral position.
- Avoid allowing your shoulders to lift toward your ears.
- Avoid moving your feet.
- Avoid rounding your back as you lower your hips.
- Avoid pushing up solely with your feet. Instead use your arm strength.

### MODIFICATION

**HARDER:** Perform the exercise with one leg raised and stretched out in front, continuing to draw your navel into your spine. Repeat with the other leg.



- FACT FILE**
- TARGETS**
- Triceps
  - Shoulders
  - Core
- EQUIPMENT**
- Bench or chair
- BENEFITS**
- Tones triceps
  - Strengthens shoulder girdle
- CAUTIONS**
- Shoulder issues
  - Wrist issues

# Inchworm

The Inchworm, also known as Monkey Walk, is a good gauge of overall fitness. It requires core and upper-body strength, and this full-body stretch really tests the limits of your flexibility.

## HOW TO DO IT

- Stand tall, and then carefully bend forward toward the floor until your palms are flat on the floor in front of you.
- Slowly walk your hands out to a plank position with your wrists directly under your shoulders. Keep your body parallel to the floor, legs hip-width apart, navel pressing toward your spine and shoulders pressing down your back.
- Pop your hips upward, and push your weight back onto your heels. Your body should be in the shape of an upside-down V. Hold for a few moments before slowly walking your hands back toward your legs.
- Carefully rise back to a standing position. Pause, and then repeat for the recommended repetitions.



## FACT FILE

### TARGETS

- Upper arms
- Back
- Legs
- Glutes

### EQUIPMENT

- None

### BENEFITS

- Warms up muscles
- Stretches back and legs
- Tones arms, glutes, and back

### CAUTIONS

- Lower-back issues
- Shoulder issues
- Wrist issues

## Annotation Key

**Bold text indicates target muscles**  
 Light text indicates other working muscles  
 \* indicates deep muscles

## DO IT RIGHT

- Widen your stance if you have trouble reaching the floor with your hands.
- Keep your abdominals sleek and compact.
- Avoid rushing through the exercise.
- Avoid letting your stomach and spine sag while in the plank position.