Another classic exercise, dips on parallel bars, heavily recruits the pectoral, triceps, and deltoids muscles. Their simplicity means they are a logical choice for high intensity training circuits, but that does not mean they are less technical. They often end up being done with poor form. When poor form is used, the athlete is risking the kinds of shoulder injuries described elsewhere in this book.

Dips are also sometimes done using rings, which increase muscle recruitment (such as by including the latissimus dorsi) due to the inherent instability of the rings.

**DIPS**

*Performance Tips*

Your arms should be straight, with your hands on the bars and your shoulders just in front of your hands. Keep your head in a neutral and comfortable position (do not look at the ground and round your back and do not lift your head too high). Bend your arms to lower your body, but keep your body as vertical as you can (avoid any swinging or diagonal positions). Once your shoulders are at the level of the elbows, come back up by pushing against the bars, but keep your trajectory as vertical as possible.