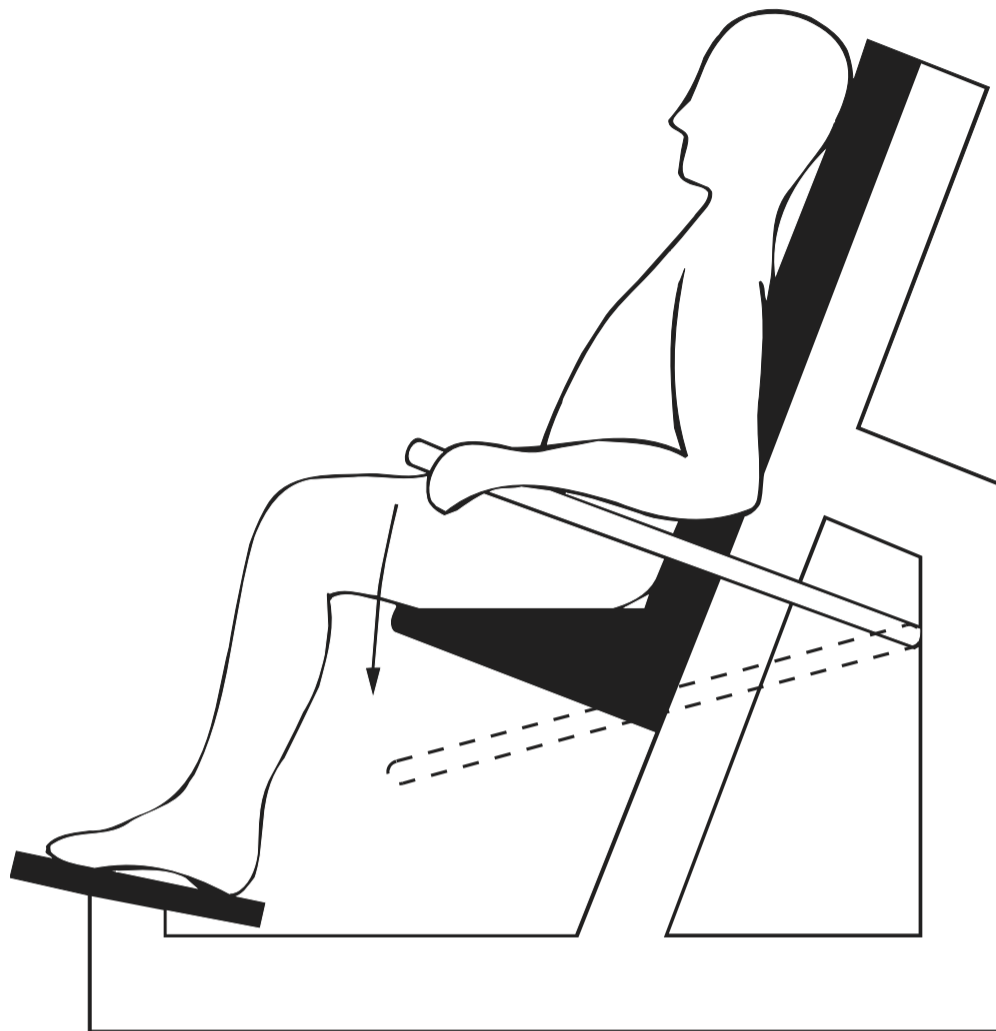


EN-Dynamic Triceps Dip

Exercising elbow extensors



Partner for Life



Preparation:

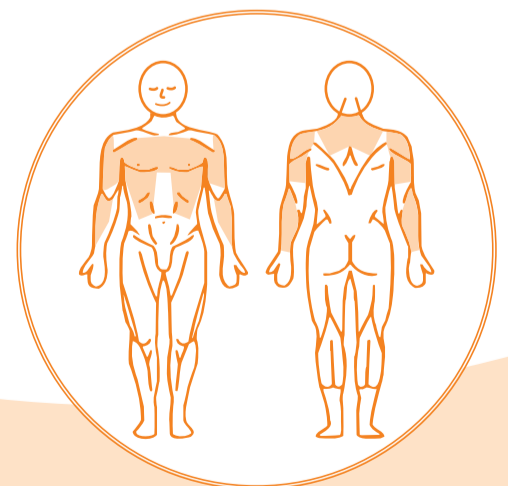
- select the correct seat height: your knees should be flexed at about 90°
- sit with your back fully supported by the backrest
- place your feet on the foot support
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter

Procedure:

- contract your abdominal and lower back muscles before you start the exercise
- hold the handle with both hands (at shoulder width) and extend your elbows smoothly so that your forearms are horizontal
- hold this position for two seconds and return to the starting position in a slow and fluent movement
- you can vary the exercise by changing the position of your hands

Note:

- perform a complete extension and flexion
- do not overextend elbows and keep your shoulders down
- control the pace and do not move too fast
- keep your back well supported by the backrest and your neck muscles relaxed
- leave the settings unchanged after finishing the exercise



entrack

Passion for motion