

# 555 GOLF TIPS

## 'PERFORMANCE EXCELLENCE'

### FITNESS DRILLS

## DIPS

Dips (or Dip Bars or Dip Machine)



**What muscles are worked:**  
Triceps and shoulders

**How to do it:**

Sit at the edge of a stair, a flat bench, or a sturdy table with your hands close to your hips, knees bent and feet on the floor. Slide your hips off the stair (bench, table) and lower your body by bending your elbows. Keep your butt close to the stair and lower until your arms are bent at a 90-degree angle. Pause at the bottom, then press back up to the starting position.

*\*For an advanced version, slide your legs out straight with your toes up and just your heels touching the floor.*

**“Welcome Aboard!”**  
**“Enjoy The Ride!”**

### **SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7