

Monthly Health Challenge: Dips Challenge

Are you looking to make your arms look more defined? Well, the 30 Day Dip Challenge can help you achieve that. A dip is an arm exercise that primarily targets your triceps but also engages your forearms, shoulders, chest and lower back. Dips strengthen and tone your arms, especially the triceps!

How to perform the perfect Dip?

1. Stand in front of a bench, chair or stable object facing away from it.
2. Sit on the edge of the bench and rest your hand behind your hips.
3. Raise your bottom off the bench and walk your feet forward.
4. Gradually lower your body down and keep your elbow at a small 90 degree angle.
5. Then, raise your body up and down with keeping your arms in a 90 degree angle and repeat.



If you want to make the dips more difficult, just place a weighted object in your lap.

For beginners, follow the (E) Easy Track. For advance performance, you should follow the (C)Challenging Track.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|----------------------------|---------------------------|-----------------------------|-------------------------|----------------------------|--------------------------|
| | | | | | 1 (E)5 (C)15 | 2 (E)10 (C)20 |
| 3 (E)15 (C)30 | 4 (E)20 (C)40 | 5 (E)Rest (C)Rest | 6 (E) 20 (C) 40 | 7 (E)25 (C)50 | 8 (E)30 (C)60 | 9 (E)35 (C)70 |
| 10 (E)Rest (C)Rest | 11 (E)35 (C)70 | 12 (E)40 (C)80 | 13 (E)45 (C)90 | 14 (E)50 (C)100 | 15 (E)Rest (C)Rest | 16 (E)50 (C)100 |
| 17 (E)55 (C)110 | 18 (E) 60 (C)120 | 19 (E)65 (C)130 | 20 (E)Rest (C) Rest | 21 (E)65 (C)130 | 22 (E)70 (C)140 | 23 (E)75 (C)150 |
| 24 (E)80 (C)160 | 25 (E)Rest (C)Rest | 26 (E)80 (C)160 | 27 (E)85 (C)170 | 28 (E)90 (C)180 | 29 (E)95 (C)190 | 30 (E)100 (C)200 |
| 31 (E)Rest (C)Rest | | | | | | |

Source: <http://30dayfitnesschallenges.com>