

## TRICEP DIP

Using a sturdy desk, sit at the very edge and place hands on either side of the body while gripping the desk's edge. With the feet planted on the floor a step or two away from the desk, straighten up the arms to lift up the body. Next, bend the arms to reach a 90-degree angle so that your body dips down, hold, and re-straighten while keeping the body raised above the desk.

