

## DIPS / CHIN UP / PULL UP / LEG LIFT

### SPECIFICATIONS :

#### Function:

- Enhance the muscle power and function of the upper limbs (biceps and triceps), back muscle, and pectoral muscle.

#### Instruction:

- Chin/Pullup: Using the top rod, hold the handle rails with both hands and pull your body up using the back and bicep muscle, head close to the handle bar to perform one rep. Use closer grip for biceps and wider grips for back.
- Dip: To work the chest and tricep muscles, use the lower handle rails and hang vertically while holding the bars from sides and palms facing down. Stay in the same position and lower your body till the shoulder level and push yourself up using the chest and the tricep muscle. Lean forward to put emphasis on the chest. Stay upright to put emphasis on the tricep.
- Repeat 8-10 times for 3 sets.

