Dips work your chest, shoulders, back & arm muscles.

**CHIN UPS**

Chin-ups challenge almost every single muscle in your back.

1. Grab the pull-up bar with palms facing torso & a grip closer than shoulder width.
2. Breathe out, pull torso up until head is around the level of pull-up bar.
   - Concentrate on using bicep muscles.

**PUSH UPS**

Push ups intensify work on upper body & core.

1. Get into a high plank position.
   - Place hands firmly on ground, directly under shoulders.
2. Lower body, until your chest grazes the floor.
   - Push back up.

**DIPS**

1. Raise yourself on two dip bars using straight arms.
2. Lower your body until shoulders are below elbows.
   - Push up until your arms are straight again.
Triceps dips work the chest, triceps, and front shoulders.

1. Position hands shoulder-width apart on a secured bench or stable chair.
2. Slide backside off bench with legs extended in front of you.
3. Straighten arms, keeping a bend in your elbows.

Leg raises isolate & work your abdominal muscles.

1. Keep your legs as straight as possible.
2. Slowly raise your legs perpendicular to the floor.

Split squats work muscles in your hips, backside, legs & quadriceps.

1. Squat down by flexing knee & hip of front leg until knee of rear leg is almost in contact with floor.
2. Return to standing position by extending hip & knee of forward leg and repeat.

Love fitness?
Explore your next career at opencolleges.edu.au/careers