

Upper Body Chest workout with Sam Rodman from Cornish Pirates RFC



Bent Knee/Chair Tricep dips



Explanation

Starting position	Performing the movement	Finishing the movement
Place hands on a sofa or chair behind you Have your knees at 90 degree	Keep your elbows tucked in Slowly lower yourself down as low as you can go	Once In the bottom position press yourself back up

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Rest time between sets should be no more than a minute

Once you have become proficient at this movement straight your leg so only your heels touch the floor, this should make the exercise more taxing.

Beginners – 5 Repetitions for 3 Sets

Intermediate – 10 Repetitions for 3 Sets

Expert – 20 Repetitions for 3 Sets

