

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU SHOULD  
NOT DO

# Chair Dips

I like this exercise for some people, but not all. This movement may place stress on the anterior shoulder. People who don't have flexibility in their shoulders may also want to be careful with this exercise. Far too many people are trying to perform this advanced exercise without adequate preparation. When looking from the side many people allow their shoulders to go into extreme internal rotation which is a very compromising position. **TO AVOID THIS YOU CAN DO PARTIAL DIPS AND NOT GO TO POINT OF SHOULDER STRAIN. I also do this exercise with my palms facing in (finger facing out) to prevent internal shoulder rotation.**

