

gdfgdg



INSTRUCTIONS

COMBO – TRICEP DIP

CATEGORIES: Full Workout, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/combo-tricep-dip/>

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor. **Featured exercises in this combo:** [Tricep Dip Toe Tap](#)

Abs

Arms

Full Body

Hip Flexors

Kicks

Lower Body

Shoulders

Upper Body



STEPS:

In a seated position, push your hips to the ceiling until you're in a reverse table top.

Bend at your elbows 8-10 times, lift one leg and bend at the elbows 8-10 times, switch sides. Alternate lifting opposite arm to opposite foot for 20 times total.

Repeat this circuit 2 times.