



LEBERT CLOSE-GRIP PUSH-UP TO DIP

OLD STANDBY
Push-Up

GUNNAR'S TAKE: "This double whammy of push-ups and dips will smoke your triceps. You'll get a core workout and work in a deeper range of motion than you would on a bench. If you don't have Lebert bars, do close-grip push-ups and bench dips."

START: Place a pair of Lebert Equalizers (lebertequalizer.com) parallel to each other and 12–18 inches apart. Set a flat bench perpendicular to the bars a few feet away. Grasp the

bars with a neutral grip, and get in push-up position with your arms extended and your feet elevated on the bench.

EXECUTION: Do a set of close-grip push-ups to failure, then flip over for dips. Grasp the bars just outside your hips with your feet still up on the bench. Go to failure once again.

GUNNAR'S TIP: "Try not to let your body sag on the push-ups. Keep your abs tight so your lower back doesn't arch."