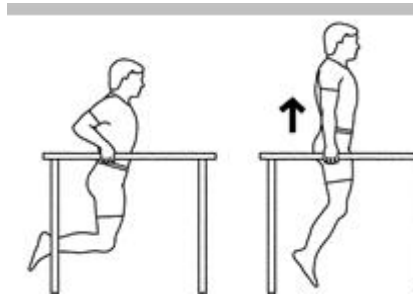


## STRENGTH TEST – DIPS



### Purpose

This test is done to measure the upper body strength and endurance. It specifically targets the triceps muscles.

### Procedure

1. This test is done within a timed minute while the client performs as many dips as they can.
2. The client will start in the up position with both hands facing in on two bars.
3. When going down into a dip, make sure both arms are going down into a 90 degree angle.
4. One complete dip is counted as going down and then back up again. Count how many the client can do in one minute.
5. If a dip is not fully completed it is counted as 0.5 points.

### Equipment

- Parallel bars or something similar

### Results

Record the number of reps completed in one minute.

Comparisons can be made following a training program to see if number of reps has increased.