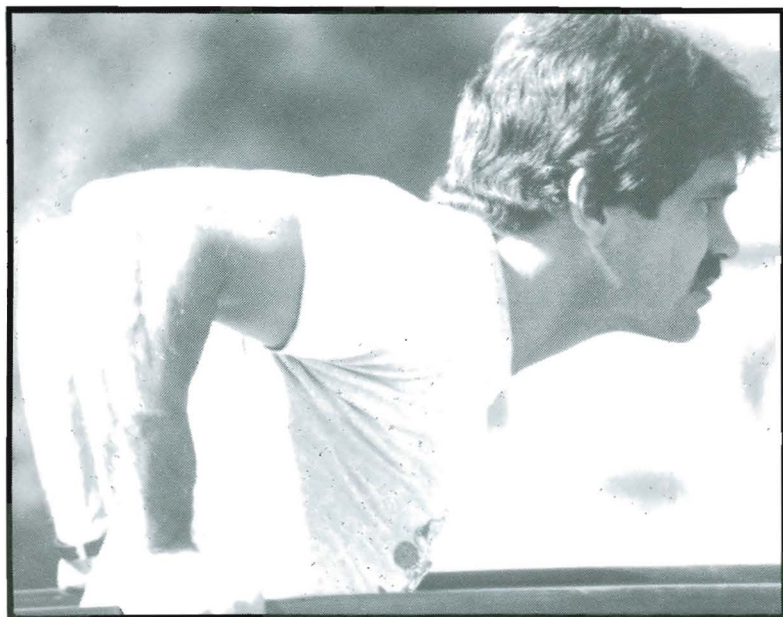


AUXILIARY EXERCISES

Part 3 in a Series
by Dr. Greg Shepard



DIPS: The Super Tricep Builder

Auxiliary Exercises

We have three rules to follow when selecting an auxiliary exercise for an athlete. The first: It must be of benefit to a high degree to a particular sport. For example, working on the neck would be very important for football and wrestling but not very important for basketball or baseball. The second rule: Auxiliary exercises must leave us with time and energy to work on running, agility and technique work. The last rule: If there is a problem area or a particular weakness, then additional auxiliary exercises may be increased or included. Perhaps an athlete has a high percentage of body fat, or a weak upper body or is recovering from a knee injury. These are situations where increased emphasis can be placed on auxiliary exercises.

We also have a basic premise that all sports should do the core program. After this is done, then auxiliary exercises may be chosen. This is where each coach can establish his own identity. For example, the track coach may want his kids to do leg curls, leg extensions and step-ups. The wrestling coach may want to climb rope, do pull ups and neck exercises. The baseball coach may not want to do any auxiliary exercises in-season. All of these decisions fit into the BFS philosophy.

As far as the number of auxiliary exercises, we feel two or three is fine and when you get over five or six you are probably stretching things. Normally, an athlete will do two core lifts on a given day, then he is free to do several auxiliary exercises.

Dips are a basic auxiliary exercise. It should rate very high with most sports. The dips develop primarily the tricep muscles and greatly aid the bench press. Tricep strength would help in basketball, especially for those players having difficulty getting

the ball easily to the hoop from 10-20 feet. Dips would help any throwing sport such as baseball, shot or javelin. Dips are great for wrestlers in building a base and keeping that base solid. Dips are especially helpful to defensive football players who must keep offensive blockers away.

As for sets and reps. We like 3 to 5 sets of 10 repetitions. You may also elect to use dips as your auxiliary lift on the BFS set-rep rotation system. As your ability to do dips increases, so will your bench press.

If dips are difficult, stand on a box or bench and do jump dips or have a buddy help you through the dip by grabbing your waist and lifting up. If 10 dips are easy, then you obviously need a dip belt. This is where you string weights through a chain, which attach to a belt around your waist. The weight then hangs between your legs and offers more resistance. You can build tremendously powerful triceps with a dip belt (see page 5).

We have developed a formula for dips in relation to a bench press max. If you want a 300 pound bench and weigh 200 pounds, you must be able to do 5 reps with 100 pounds. The formula is: Desired bench minus your bodyweight equals what you need to dip 5 times.

We have built a 4 man multi-dip station (pictured below). Since most groups, either athletes or physical education students, workout in groups of 3 or 4, this new multi-dip station is ideal and takes little room. It will easily hold four 250 pound men each dipping with 250 pounds!



MULTI-DIP STATION \$250.00

This heavy duty unit easily holds four at a time.