RankTime

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WHICH DIP · FIVE STEPS · PLAN

# Dips Exercise

Bench, bar and ring dips compared, the technique and how low to go, five steps from zero, how many is good, and a 6 week plan with logs.

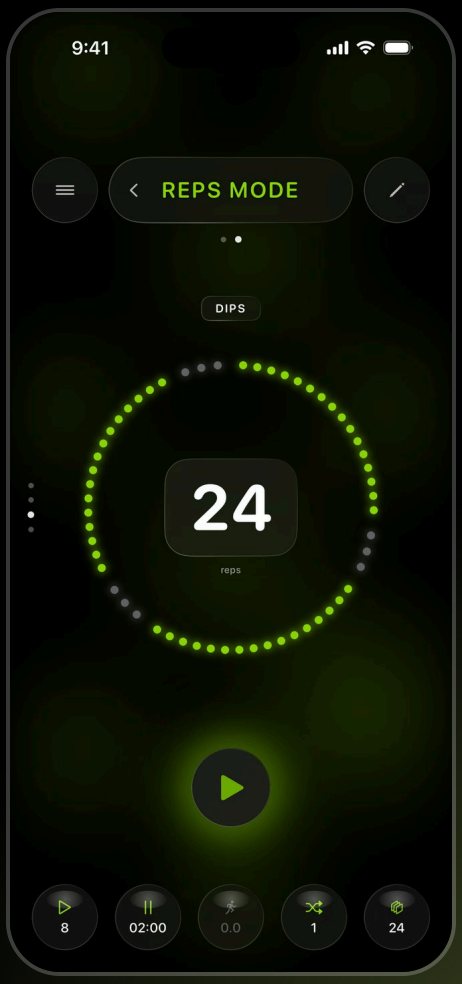

2 Which dip, the technique and your shoulders

3 Five steps, the standards and your test log

4 Your 6 week dip plan

5 Dip session log

6 Train it with RankTime


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From the free guide at ranktime.app/guides/dips-exercise/
Made by RankTime, the workout timer that counts your reps.

DIPS EXERCISE

# Pick your dip

| | BENCH DIP | BAR DIP | RING DIP |
|---|---|---|---|
| **Feet** | On the floor | Off the floor | Off the floor |
| **Triceps work** | Least | About 25% more | About 25% more |
| **Chest work** | Least | More | Most |
| **Arms behind you at the bottom** | 101% of max | 88% of max | 69% of max |
| **Main risk** | Strain at the front of the shoulder | Extra weight, fatigue, a wide grip | A fall |
| **Verdict** | Leave it out | **Start here** | Most chest, once you are steady |

13 experienced men, filmed in 3D with nine muscles measured (McKenzie and colleagues, 2022). For the triceps without bench dips: triangle (diamond) push-ups and triceps kickbacks.

## A dip on bars

1. **Grip.** Hands about shoulder width apart, palms facing each other.
2. **Get up.** Arms straight, body still, shoulders down.
3. **Lower.** Elbows point back, chest tips a little forward.
4. **Stop.** Elbows at about a right angle, upper arms level with the floor. Deeper only tires you.
5. **Press up.** Straight arms to straight arms is one rep.
6. **Breathe.** In on the way down, out on the way up.

## Go easy on your shoulders

| | |
|---|---|
| **No bench dips** | Not in regular training |
| **Level upper arms** | Same depth every rep |
| **Shoulder width** | Never a wide grip |

| | |
|---|---|
| **Weight later** | After 3 sets of 12, a little at a time |
| **Bars first** | Rings only when steady, never tired |
| **Pain stops it** | See a doctor or physiotherapist |

Sources: McKenzie 2022 (both studies); da Silva 2022; Topend Sports. All sources are linked in the guide.

FROM ZERO

# Five steps and your number

| STEP | HOW |
|---|---|
| **1. Standing bar dips** | Low bars, feet on the floor. Your legs take as much weight as you need |
| **2. Machine dips** | Kneel on the pad of an assisted dip machine. Take less help as you get stronger |
| **3. Band dips** | A long band across the bars, under your knees. Most help at the bottom |
| **4. Bar dips** | Your own weight, in sets of 8 to 12 |
| **5. Weighted or rings** | A dip belt at your waist, or rings for the most chest work |

**Move up** when you can do 3 sets of 12 clean reps: take the next step, or less help, and start again at 8.

## How many dips?

| STRENGTH LEVEL | MEN | WOMEN |
|---|---|---|
| Beginner | **3** | **under 1** |
| Novice | **10** | **1** |
| Intermediate | **20** | **9** |
| Advanced | **31** | **18** |
| Elite | **43** | **29** |

## Your number

| | |
|---|---|
| **Fewer than 8** | Steps 1 to 3 |
| **8 or more** | Bar dips, 8 to 12 |
| **3 sets of 12** | A dip belt, or rings |

Strength Level: 517,475 results logged by its users, 2016 to 2026, so above the average person. 15 men who dip every week did 25 in one set.

## My test log

| DATE | STEP | REPS | NOTES |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Test after a warm up: one set of clean dips, elbows to a right angle and back to straight arms, until you cannot do another. Every 6 weeks.

THE PLAN

# 6 week dip plan

Monday, Wednesday and Friday: 3 sets of 8 to 12 at your step, with 2 minutes of rest. Add one rep to each set when every rep was clean. At 3 sets of 12, take the next step and go back to 8. Test on day 1 and at the end of week 6.

**My numbers**

My step _____

Test, day 1 _____ reps

Next step _____

Test, end of week 6 _____ reps

| IF | THEN |
|---|---|
| **8 reps is too many** | Go back a step, or take more help |
| **All 3 sets reach 12** | Next step, back to 3 sets of 8 |
| **Your shoulder hurts** | Stop, and see a doctor or physiotherapist |

## Tick off every session

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| 1 | **Test max:** | Rest | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | Rest |
| 2 | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | Rest |
| 3 | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | Rest |
| 4 | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | Rest |
| 5 | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | Rest |
| 6 | ☐ 3 × 8 to 12 | Rest | ☐ 3 × 8 to 12 | Rest | **Test max:** | Rest | Rest |

Test day: warm up, then one set of clean dips until you cannot do another. Rest days matter: strength grows between sessions.

SESSION LOG

# My dip log

One line a session: your step, the reps in each set, and how it felt.

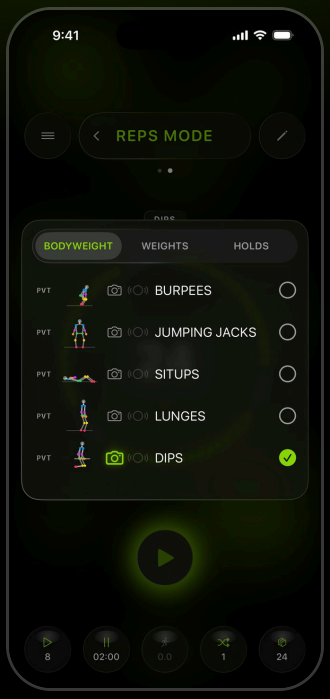
| # | DATE | STEP | SET 1 | SET 2 | SET 3 | NOTES |
|---|---|---|---|---|---|---|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |
| 15 | | | | | | |
| 16 | | | | | | |
| 17 | | | | | | |
| 18 | | | | | | |

RankTime

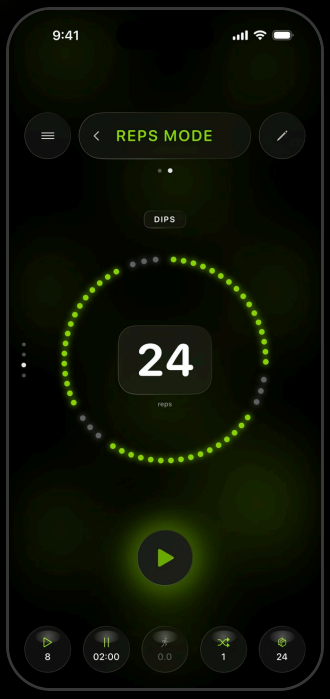
TRAIN IT WITH RANKTIME

# Dip with RankTime

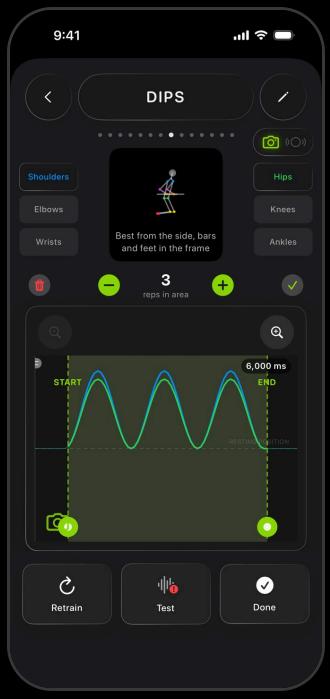
The camera counts every dip from your side, and your sets and rest run by themselves.




On BODYWEIGHT, DIPS is the last row.




DIPS: 3 sets of 8, 2:00 of rest.




Trainer: where to put the phone, and a test.

1. Swipe to REPS, then to CENTURION. Tap the exercises circle, then the exercise under the ring. On BODYWEIGHT, tick DIPS, untick PUSHUPS.
2. Set 8 reps a set, 2:00 of rest and a target of 24. Tap the + under the tick and name it DIPS.
3. Stand the phone to your side, with the bars and your feet in the frame.
4. Press play. The camera counts every dip, and the last rep of each set starts your rest.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

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