

HOW TO USE

DIP BELT



DMOOSE

HOW TO USE DIP BELTS WITH CHAIN

Dip Belts is a blessing in the athletic world that helps you improve the quality of your workouts. It efficiently engages the upper and lower body muscles when performing full body workouts. **DMoose Fitness** has developed its professional **Dip Belt** to take your strength training up a notch. Made from soft, Neoprene and reinforced stitching, the adjustable size of **DMoose Dip Belts** fits all! It includes a heavy-duty Steel Chain with double D-rings and Carabiners to hold the weighted plates.

BENEFITS OF USING DMOOSE DIP BELT WITH CHAIN

- Dip Belts help improve your muscle strength and endurance.
- It allows you to apply stress to your body and muscles without assistance.
- They allow you to add additional weights to your dips.
- The use of a dip belt strengthens connective tissues.
- It Builds muscles.
- Using the dip belt Increases full-body strength.
- It helps you with tremendous chest gains.
- It stretches the pectorals.
- Using weighted Dip Belts improve your stamina, thus you get longer lifts.

EXERCISES

For maximum impact perform the following exercises with a dip belt and weight.

01

WEIGHTED PULL-UP

Use a low hanging pull-up bar as a setup. With the weight attached to your dip belt grasp the pull-up bar with a thumb-less grip. Get into a 'dead hang' while maintaining the tension in back, shoulder and arm muscles. With steady and contained movements pull yourself to the bar until your chin surpasses it and your chest touches it. In a controlled manner lower yourself back to the starting position to complete one rep of the weighted pull-up.





02 **WEIGHTED DIPS**

To perform this exercise step into a dip station and grasp the dip handles with a firm grip. Lift yourself into an extended dip position and keep your elbows locked out. Maintain tension in your body and lower yourself down with contained motion by bending your arm. Lower down until your upper arms are parallel to the ground. Push yourself back into the extended dip by pressing your triceps, chest, and shoulders.

03

WEIGHTED KNEE RAISE

Use a dip station or pull-up bar or any other overhead object to support your weight. Grab the pull-up bar using a thumbless grip. A thumbless grip is not recommended for this exercise. Maintaining the tension in your back, shoulder, and arm muscles extend yourself into a dead hang. With a controlled motion use your abdominal muscles to pull your legs and weight towards your upper body. Pull up until your thighs become parallel to the ground. With contained movements, lower your legs back into the initial position of a dead hang.





04 **WEIGHTED SELF ASSISTED SQUAT**

Start by attaching the weight to your dip belt and standing in front of a power rack (you can also utilize a doorway if you don't have access to a power rack). Extend your arms and grasp the rack firmly with both hands. Maintaining the tension in your upper body lower yourself into a squat. By engaging your glutes, hamstrings and quadriceps return back to the starting position. This completes one rep.



05

HIP BELT SQUAT

This exercise resembles an air squat and doesn't require a power rack or any similar structure for assistance. If your weighted plates attached to the dip belt touch the ground while you squat use boxes to elevate yourself. Start by placing your arms parallel to the ground in front of you. While maintaining the tension in your upper body lower yourself into a squat. Return to the starting position after a while by flexing your glutes, hamstrings, and quadriceps.



06 **WEIGHTED DIP BELT WALK**

Wear your Dip Belt with the desired weight attached to the carabineer. Allow the weights to hang between your legs. Start this exercise by walking exaggeratedly. Do this for 2 minutes, taking breaks after every 2 minutes and then continuing. It engages the glutes and works them.

07

RESISTANCE BAND RUN

Wear a dip belt with your desired weight hanging from it. Attach one end of a resistance band to a stationary post and the other to your dip belt. While maintaining a strong core try to run away from the stationary post as quickly as possible. This is a high-intensity cardio workout and speeds your heart rate up. Try to find a distance that you can maintain without having the resistance band plunging you backward.



We hope this quick guide has given you a good grasp on some of our favorite muscle building concepts. Through smart training and nutrition, you can build a muscular body if you are consistent.

For more tips and tools to help you reach your fitness goals, visit www.dmoose.com



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NO MORE BULL.
