

ORBIT DIPS SS04

ankle dorsiflexion

DIRECTIONS

ORBIT DIPS are a progressive continuation of QUAD DIPS, so the same rules apply. The knees and hips simultaneously bend together and perform little circles.

IMAGERY

FOUR CORNERS OF THE EARTH.

Visualize the hips and knees ORBITING together in unison over the 4 corners of the bottom of your feet. Your body weight should flow in a circular fashion from one corner to the next ~ heel heel ball ball.

Completing 4 corners makes one revolution.

BENEFITS

ORBIT DIPS are the third progression in the Quad Dips series following after #02 Quad Dips and #03 Flamingo Dips. The circular effect of ORBIT DIPS increase a greater range of motion and thus muscle activation throughout the areas of the shins, knees and ankles.