

# Download Triangle Weight Training Guide

The bench dip is an effective yet straightforward exercise that will help you to progress to performing the more advanced triceps dip on parallel bars. In one classic study, the diamond push-up (aka triangle push-up) was found to be the most effective exercise for activating the triceps brachii! Load weight, weight distribution, size, shape, and position are key factors affecting the stability of the forklift. Forklifts are designed to carry a capacity load at a standard load center, commonly 24 inches. † The Triangle Rewards Program is owned and operated by Canadian Tire Corporation, Limited. The Triangle Mastercard and Triangle World Elite Mastercard are issued by Canadian Tire Bank.