Early to Rise Customer Support

Exercise Modifications

Stephanie H - 2020-02-20 - Exercise FAQs and Substitutions

Here are a few modifications that will help

For Burpees - Start with an incline burpee. Place your hands on a bench or other sturdy surface between knee and waist height. Step back one leg at a time to an angled plank position. Hold this stance for a moment before stepping forward one leg at a time. The lower you place your hands, the more challenging the exercise is.
As you become more adept at burpees, perform this modification on level ground. Instead of jumping back and forth with both feet simultaneously, step with one leg at a time. You can also remove the jump at the end of the burpee and simply return to a standing position. These modifications eliminate the explosive movements and lessen the impact on your joints.

For Inch Worms - Stand with your feet at hip width. Hinge forward at the waist and touch the floor with your palms. Bend your knees, if necessary walk your hands forward until you are supporting all of your weight on your hands and toes. Your body should make a straight line and your hands should line up with your shoulders. Hold this position for 10 seconds and walk it back.

For Mountain Climber Burpies - Start with the basic mountain climber and perfect your form then slowly add the combination in

For Burpy Spider Man Pushups - Start with the basic spiderman and perfect your form then slowly add the combination in

For Pushup Jacks - Start in a push up position and step your leg out from one side to then back in and repeat