Early to Rise Customer Support

Substitute - Bad Knees

Stephanie H - 2020-02-20 - Substitutions

First consult with your doctor so see if there is any limitation or special exercise that is unique to your situation.

If your doctor gives you a green light you can try Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- This is a non-impact replacement for jumping.