

# Early to Rise Customer Support

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## Substitute - Bench Presses or Dumbbell Chest Presses

Stephanie H - 2020-02-20 - Substitutions

To replace Bench Presses or Dumbbell Chest Presses (of any kind), you can do one of these:

Pushups

Close-grip pushups

Decline pushup

Elevated pushups

Off-set pushups

Pushups with your feet on the ball

Pushups with your hands on the ball

Pushups with your feet on the ball and hands on the bench

Suspended strap pushups

Spiderman pushups

Spiderman climb pushups

Pike pushups

Dips

Decline close-grip spiderman pushups