

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