Early to Rise Customer Support

Substitute - Bodyweight Chest Exercises without weights

Honey - 2020-02-07 - Exercise FAQs and Substitutions

Bodyweight Chest Exercises

You can replace dumbbell and barbell chest presses with:

- Kneeling Pushups or Regular Pushups (but keep your hands just outside of shoulder-width and keep your elbows close to your sides at all times...this reduces stress on your rotator cuff)

- Harder Pushups: Elevated Pushups (one hand elevated 4-6 inches), T-Pushups, Close-Grip Pushups, Decline Pushups, and Spiderman Pushups...or Decline Spiderman Pushups!