## **Early to Rise Customer Support**

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## **Substitute - Deadlifts**

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

To replace Deadlifts:

The only "direct replacement" is dumbbell squats.

Otherwise, just replace deadlifts with a superset pairing of any lower body exercise paired with a row.

For example:

Barbell lunge superseded with a DB row Stability Ball Leg Curl superseded with Inverted Row