Early to Rise Customer Support

Substitute - Deadlifts

Stephanie H - 2020-02-20 - 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Barbell lunge superseded with a DB row
Stability Ball Leg Curl superseded with Inverted Row