

Early to Rise Customer Support

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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Barbell lunge superseded with a DB row

Stability Ball Leg Curl superseded with Inverted Row