Early to Rise Customer Support

Substitute - Leg exercises without weights

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

Leg Exercises

Instead of using heavy dumbbell or barbell squats, you can do:

- Bodyweight Squats (wide stance and narrow stance) and Total Body Extensions
- Split Squats and Bulgarian Split Squats (stand near a wall to use for balance)
- Reverse Lunges, Diagonal Lunges, or Forward Lunges (make sure to hold your arms up in the "Prisoner" position to work your upper back, too).

Here’s another trick – if you want to make sure you don’t bulk up, you can cut back on how many sets you do. For example, if a program calls for 3 sets, only do 1-2. That way you’ll still get lean, sexy legs, but without the bulk.