

Early to Rise Customer Support

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Substitute - Lunges

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If you have sore knees and need to replace lunges:

First, see a doctor and have them diagnose the problem. Second, see a therapist and have them treat the issue. Third, see a trainer and have them assess where you need to work on flexibility and how you can include some “knee-friendly” exercises in your workout program.

These exercises include:

Lying Hip Extensions (also known as Lying Hip Bridges)

1-leg Hip Extensions

Lying Hip Extensions with your feet on the ball

Stability Ball Leg Curls