

Early to Rise Customer Support

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Substitute - Pain Free Leg Exercises, squats & lunges

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Pain-Free Leg Exercises

Try these substitutions for Squats and Lunges:

- Low and High-box Step-ups (leave the working leg on the step at all times)
- Lying Hip Extensions and 1-Leg Hip Extensions and even 1-Leg Hip Extensions with your feet at an elevated position (like on a stool or stability ball)
- Stability Ball Leg Curls (essential for hamstring strength and reducing knee pain)