Early to Rise Customer Support

Substitute - Pain Free Leg Exercises, squats & lunges

Stephanie H - 2020-02-20 - Substitutions

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)