Early to Rise Customer Support

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Substitute - Sit ups and Ab Exercises

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

Ab Exercises

Forget weighted ab exercises like side bends and sit-ups and dangerous ab machines. Those are MURDER on your spine. Instead, use a variety of...

Spiderman Climbs... Bodyweight Renegade Rows... X-Body Mountain Climbers Variety of Side Planks