Early to Rise Customer Support

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