

# Early to Rise Customer Support

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## Substitute - Sit ups and Ab Exercises

Stephanie H - 2020-02-20 - [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