

Early to Rise Customer Support

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Substitute - Squats

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

To replace Squats, you can do:

1-leg hip extensions

Step-ups

Deep Step-ups

Split squats

Reverse lunges

Forward lunges

Bulgarian split squats (with back foot elevated on a bench)

Reaching lunges

1-leg deadlifts

1-leg squats (use bands or straps for assistance if necessary)

1-leg squats standing on a bench