Early to Rise Customer Support

Substitute - Squats

Honey - 2020-02-07 - 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