

Early to Rise Customer Support

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Substitute - Squats

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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