

Exercise Alternative List

Back Squats → [DB squats](#)/[leg extensions](#)/[glute bridges](#)/[seated quad lifts](#)/[lunges](#)
Ball Slams → [KB Swings](#)
BB OH press → [Arnold Press](#)/[DB shoulder press](#)
Box Jumps → [Tuck Jumps](#)/[Jump Squats](#)
Burpees → [step out the burpee movement](#)
Candlestick lifts → [Reverse crunches](#)
Chin Ups → [RB rows](#)/[inverted rows with palms facing up](#) (opposite as what is shown in video)/[Bent over rows with palms facing up](#) (hands also opposite as to what is shown in video)
Deadlift → [DB Deadlift](#)
Dips → [tricep pushups](#)/[pushups](#)
EZ bar curls → [BB or DB curls](#)
EZ bar skull crushers → [BB or DB skull crushers](#)
Front Squats → [DB squats loaded at shoulders](#)
Handstand Pushups → [Pike Pushups](#)/[Shoulder press](#)
Hanging leg raises → [hanging knee raises](#)/[lying leg raises](#)
High knees → march in place
Hip Thrusts → [SL hip thrusts](#)/[glute bridges](#)
Jackknives → [Leg lowers](#)
Landmine delt row → [DB delt row](#)
Landmine press → [SA DB shoulder press](#)
Leg curls → [stability ball hamstring curl](#)/[DB leg curl](#)
Leg extensions → [seated DB Leg Extensions](#)/[Kneeling Leg Extensions](#)
Leg raises → [Leg lowers](#)
Lunges → [Step ups](#)/[Split squats](#)
Plank balance → [Bird dogs](#)
Plank dips → [modified plank dips](#)
Plank hold → [Forearm plank with one knee dropped](#)
Preacher Curls → [concentration curls](#)
Pull Ups → [RB rows with palms down](#)/[inverted rows with palms down](#)/[Bent over rows with palms down](#)
Pushups → [Pushups on knees](#)/[incline pushups](#)/[wall push ups](#)
Stability ball hamstring curls → [glute bridge](#)/[banded glute bridge](#)/[weighted glute bridge](#)
Sumo Deadlift → [Sumo squats](#)
T-Bar rows → [bent over BB or DB rows](#)
Up down plank → [Plank hold](#)
Wall Balls → [BB or DB thrusters](#)
Wall Walks → [Up Down Plank](#)