

## Substitute Exercises

Written by Administrator  
Friday, 14 January 2011 07:41

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### Substitute Exercises

**Burpees**- Pregnant burpees. Stand in front of a wall or elevated surface (such as a box or tire). Do a squat. At the top of the squat, do a push up against the wall or elevated surface. This equals 1 burpee.

**Rope climbs**- Beginner rope climbs. Sit at the bottom of the rope. Pull yourself to a standing position using your legs as little as possible. 3 beginner rope climbs equals 1 rope climb.

**Box jumps**- Lower box height or do step ups.

**Push ups**- Wall push ups, push ups on an elevated surface or parallette push ups.

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**Pull ups-** Depending on skill level, use bands on the pull up bar, or, if you have parallel bars use a pull up progression. Put your hands on the bar and squat all the way down so your arms are fully extended. Now pull up until your chin reaches over the bar, using your legs as little as possible. If that is too easy, kneel in front of the bar and with arms fully extended, pull up until your chin reaches over the bar, using your legs as little as possible. Ring rows are also an acceptable substitute.

**Sit ups-** Knees-to-elbows.

**Toes to bar-** Knees-to-elbows or knee-ups.

**Handstand Push ups-** Dumbbell shoulder press.

**Clean-** Use dumbbells.

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**Snatch**- One-armed dumbbell snatch.

**Dips**- With bands on rings or parallel bars, or jump to support.