



Exercise	Target Body Part	Substitutions		
Band Bicep Curl	Biceps	Band or DB Reverse Curl	Zottman Curl	Alternating Curl
Band Face Pulls	Back	ST High Row	DB Rear Delt Raise	DB Bent Over Row - Elbows High
Band Front Raise	Shoulders	DB Front Raise	DB Overhead Press	Band Overhead Press
Band Hammer Curl	Biceps	Band or DB Reverse Curl	DB Curl - Palms-Up	DB Alternating Curl
Band Lat Pull Down	Back	ST Row	Band Row - Elbows High	Pull Up (any grip)
Band Lateral Raise	Shoulders	Band or DB Upright Row	DB Overhead Press	Band Overhead Press
Band Monster Walks	Legs	Matrix Lunge	Butt Kickers	Overhead Lockout Lunge with a Twist
Band Overhead Press	Shoulders	DB lateral Raise	Band or DB One Arm Overhead Press	Band Front Raise
Band Overhead Tricep Extension	Triceps	Band Tricep Pushdown	Bench Dip	Close Grip Push Up
Band Reverse Curl	Biceps	Band or DB Hammer Curl	Band or DB Palms Up Curl	ST Bicep Curl
Band Row - Elbows High	Back	ST High Row	Band Face Pull	DB Bent Over Row - Elbows High
Band Row - Elbows In	Back	ST Row	Band Face Pull	DB Bent Over Row - Elbows In
Band Side Walks	Legs	Matrix Lunge	Butt Kickers	Walking Lunge
Band Skiers	Back	ST Row	DB Bent Over Row - Elbows In	Band Face Pulls
Band Standing Twist	Core	Band Pallof Press	Seated Twist	DB Seated Twist
Band Tricep Pushdown	Triceps	Band or DB Overhead Tricep Extension	Bench Dip	Close Grip Push Up
Band Upright Row	Shoulders	Band or DB Shrugs	Band or DB Overhead Press	DB Upright Row
Bar Dips	Triceps	Bench Dips	Close Grip Push Ups	ST Close Grip Push Ups
Bench Dips	Triceps	Bar Dips	Band Tricep Pushdowns	ST Close Grip Push Ups
Bent Knee Crunch	Core	Plank	Seated Twist	Bent Knee Leg Raise
Bent Knee Hip Up	Legs	Straight Leg Hip Up	ST Leg Curl	Single Leg Bent Knee Hip Up
Bent Knee Leg Raise	Core	Reverse Crunch	DB Seated Twist	Straight Leg Raise
Body Weight Squat	Legs	ST Squat	Sumo Squat	Jump Squat
Box Jump	Legs	Body Weight Squat	Jump Squat	DB Sumo Squat
Bulgarian Split Squat	Legs	Stationary Lunge	DB Step Ups	Walking Lunges
Burpee	Core	DB Squat & Press	DB Squat & Upright Row	Modified Burpee
Butt Kickers	Mobility	Quad Stretch	Kneeling Hip Flexor Stretch	Foam Roller: Quads
Child's Pose	Mobility	Counter Stretch	ST Counter Stretch	Down Dog
Close Grip Push Up	Triceps	Band Tricep Pushdown	DB or Band Overhead Tricep Extension	Bench Dip
DB Alternating Curls - Palms Up	Biceps	DB or Band Hammer Curls	DB or Band Reverse Curls	ST Bicep Curl

DB Alternating Lunges	Legs	Stationary Lunge	DB Step Ups	Reverse Lunge
DB Alternating Overhead Press	Shoulders	Band Overhead Press	DB One Arm Overhead Press	Band or DB Lateral Raise
DB Bent Over Row - Alternating	Back	ST Row	Pull Up - Close Grip	DB Rear Delt Raise
DB Bent Over Row - Elbows High	Back	ST High Row	Pull Up - Wide Grip	DB Rear Delt Raise
DB Bent Over Row - Elbows In	Back	ST Row	Pull Up - Reverse Grip	DB Rear Delt Raise
DB Bent Over Row - Reverse Grip	Back	ST Row	Pull Up - Reverse Grip	DB Rear Delt Raise
DB Chest Press - Alternating	Chest	Twisting Push Up	DB Incline Chest Press	DB Flat Chest Press
DB Chest Press - Parallel Grip	Chest	Twisting Push Up	DB Incline Chest Press	DB Flat Chest Press
DB Curls - Palms Up	Biceps	Band or DB Hammer Curls	DB Zottman Curls	Pull Up - Reverse Grip
DB Flat Chest Flyes	Chest	ST Chest Fly	DB Incline Chest Flyes	DB Incline Chest Press
DB Flat Chest Press	Chest	ST Push Up	Bar Dips	DB Incline Chest Press
DB Front Raise	Shoulders	Band Front Raise	DB Pivot Press	DB Overhead Press
DB Front Squat	Legs	Body Weight Squat	Forward Lunge	DB Romanian Deadlift
DB Goblet Squat	Legs	Body Weight Squat	ST Bent Knee Hip Up	Jump Squat
DB Hammer Curl	Biceps	Band Bicep Curl	Band Hammer Curl	ST Bicep Curl
DB Incline Chest Flyes	Chest	Feet-Elevated Push Up	ST Push Up	DB Flat Chest Press
DB Incline Chest Press	Chest	Feet-Elevated Push Up	ST Push Up	DB Flat Chest Press
DB Incline Skull Crushers	Triceps	Band Tricep Pushdown	Bar Dips	ST Tricep Extension
DB Lateral Raise	Shoulders	Band Lateral Raise	DB Alternating Overhead Press	Band Upright Row
DB Matrix Lunge	Legs	Matrix Lunge	Body Weight Squat	Walking Lunges
DB One Arm Overhead Press	Shoulders	Band Overhead Press	Band or DB Front Raise	Band or DB Lateral Raise
DB One Arm Overhead Tricep Extension	Triceps	Band Tricep Pushdown	Bench Dip	ST Tricep Extension
DB One Arm Row	Back	ST Row	Pull Up - Close Grip	Band Skier
DB One Arm Shrug	Shoulders	DB Shrugs	Band or DB Upright Row	Push Up
DB One Leg Sit Up	Core	Plank	Bent Knee Leg Raise	Seated Twist
DB Overhead Press	Shoulders	Band Overhead Press	DB or Band Lateral Raise	Feet-Elevated Push Up
DB Pivot Press	Shoulders	Band Overhead Press	DB or Band Lateral Raise	Feet-Elevated Push Up
DB Pulsing Lunge	Legs	Walking Lunge	Stationary Lunge	Band Side Walk
DB Rear Delt Raise	Back	Band Face Pulls	ST High Row	Push Up Row
DB Reverse Curls	Biceps	Band Reverse Curls	DB or Band Bicep Curls	Pull Up - Reverse Grip
DB Reverse Lunges	Legs	DB Step Up	Stationary Lunge	Lunge Jump
DB Romanian Deadlift	Legs	Single Leg Bent Knee Hip Up	Bent Knee Hip Up	ST Bent Knee Hip Up
DB Seated Twist	Core	DB Seated Twist	Single Leg Twisting Crunch	Side Plank Up Downs
DB Shrug	Shoulders	DB One Arm Shrug	Band or DB Upright Row	Push Up
DB Side Lunge	Legs	Band Side Walk	Matrix Lunge	Walking Lunge

DB Single Leg Romanian Deadlift	Legs	Single Leg Bent Knee Hip Up	Bent Knee Hip Up	ST Bent Knee Hip Up
DB Sit Up	Core	Plank	Plank Up Down	Straight Leg Raise
DB Skullcrusher	Triceps	Band Tricep Pushdown	Bar Dips	ST Tricep Extension
DB Split Squat	Legs	Stationary Lunge	Lunge Jump	DB Goblet Squat
DB Squat & Curl	Legs & Biceps	DB Squat Press	Burpee or Modified Burpee	Body Weight Squat or Jump Squat
DB Squat Curl & Press	Legs, Biceps & Shoulders	DB Squat Press	Burpee or Modified Burpee	Body Weight Squat or Jump Squat
DB Squat Press	Legs & Shoulders	DB Squat Upright Row	Burpee or Modified Burpee	Body Weight Squat or Jump Squat
DB Squat Upright Row	Legs & Shoulders	DB Squat Press	Burpee or Modified Burpee	Body Weight Squat or Jump Squat
DB Squats	Legs	Body Weight Squat	DB Step Ups	ST One Leg Squat
DB Step Up	Legs	Reverse Lunge	ST One Leg Squat	DB Squat
DB Sumo Squat	Legs	Jump Squat	DB Goblet Squat	Body Weight Squat
DB Toe Touch Sit Up	Core	Plank	Plank Up Down	Straight Leg Raise
DB Tricep Kickbacks	Triceps	Band Tricep Pushdown	Bench or Bar Dip	ST Tricep Extension
DB Upright Row	Shoulders	Band or DB Shrugs	Band or DB Overhead Press	Band Upright Row
DB Walking Lunge	Legs	Walking Lunge	Band Monster Walk	Walking Lunge With a Pulse
DB Zottman Curls	Biceps	Band Bicep or Hammer Curl	ST Bicep Curl	Pull Up - Reverse Grip
Down Dog	Mobility	Counter Stretch	ST Counter Stretch	Child's Pose
Feet-Elevated Plank	Core	Plank	Single Leg Plank	Plank Up Downs
Feet-Elevated Push Up	Chest	Push Up	Hands-Elevated Push Up	ST Push Up
Floor Jack Knife	Core	ST Jack Knife	DB Toe Touch Sit Up	Bent Knee Leg Raise
Foam Roller: Calf	Mobility	Calf Stretch	Ankle Circles	Down Dog
Foam Roller: Hamstring	Mobility	Down Dog	Calf Stretch	Hip Crossover Stretch
Foam Roller: IT Band	Mobility	Quad Stretch	Piriformis Stretch	Hip Crossover Stretch
Foam Roller: Lats	Mobility	Counter Stretch	ST One Arm Lat Stretch	Down Dog
Foam Roller: Piriformis	Mobility	Piriformis Stretch	Glute Stretch	Hip Crossover Stretch
Foam Roller: Quad	Mobility	Quad Stretch	Kneeling Hip Flexor Stretch	Hip Crossover Stretch
Forward Lunge	Legs	Reverse Lunge	Stationary Lunge	Step Up
Glute Stretch	Mobility	Kneeling Hip Flexor Stretch	Hip Crossover Stretch	Piriformis Stretch
Hands-Elevated Plank	Core	Plank	Single Leg Plank	Plank Up Downs
Hands-Elevated Push Up	Chest	Push Up	ST Push Up	DB Flat Chest Press
Hip Crossover Stretch	Mobility	Glute Stretch	Piriformis Stretch	Foam Roller: Piriformis
Isometric Prisoner Squat	Legs	Body Weight Squat	ST One Leg Squat	Jump Squat
Jump Rope	Legs	Mountain Climber	Jumping Jacks	Side Hops
Jump Squat	Legs	Body Weight Squat	Isometric Prisoner Squat	DB Goblet Squat
Jumping Jacks	Legs	Jump Rope	Mountain Climber	Burpee or Modified Burpee

Kneeling Hip Flexor Stretch	Mobility	Quad Stretch	Glute Stretch	Piriformis Stretch
Lunge Jump	Legs	Stationary Lunge	Band Side Walk	Walking Lunge with a Pulse
Modified Burpee	Core	Burpee	DB Squat, Curl & Press	Push Up Row
Mountain Climber	Core	ST Mountain Climbers	Single Leg Plank	Plank
Mountain Jumpers	Core	ST Mountain Jumpers	Plank Up Downs	Plank
Overhead Lockout Lunge with Twist	Legs	Walking Lunge	Band Monster Walk	Lunge Jump
Band Pallof Press	Core	Seated Twist	DB Seated Twist	Single Leg Twisting Crunch
Piriformis Stretch	Mobility	Glute Stretch	Hip Crossover Stretch	Foam Roller: Piriformis
Plank	Core	Hands-Elevated Plank	Single Leg Plank	Plank Up Downs
Plank Up Downs	Core	Plank	Twisting Push Up	Side Plank Up Downs
Plyo Push Up	Chest	Push Up	Hands-Elevated Push Up	Push Up Row
Pull Up - Close Grip	Back	ST High Row	ST Row	Band Lat Pull Down
Pull Up - Overhand Grip	Back	ST High Row	ST Row	Band Lat Pull Down
Pull Up - Reverse Grip	Back	ST High Row	ST Row	Band Lat Pull Down
Pull Up - Staggered Grip	Back	ST High Row	ST Row	Band Lat Pull Down
Pull Up - Towel	Back	ST High Row	ST Row	Band Lat Pull Down
Pull Up - Wide Grip	Back	ST High Row	ST Row	Band Lat Pull Down
Push Up	Chest	Hands-Elevated Push Up	Close Grip Push Up	Bench or Bar Dip
Push Up Row	Chest & Back	Twisting Push Up	Push Up	Burpee or Modified Burpee
Quad Stretch	Mobility	Kneeling Hip Flexor Stretch	Foam Roller: IT Band	Foam Roller: Hamstring
Reverse Crunch	Core	Bent Knee Leg Raise	DB Toe Touch Sit Up	Seated Twist
Reverse Lunge	Legs	Stationary Lunge	Walking Lunge	Walking Lunge with a Pulse
Seated Twist	Core	Side Plank	Side Plank Up Downs	ST Sidewinder
Side Adductor Raise	Activation	Band Side Walk	ST Hip Crossover	ST Side Lunge
Side Crunch	Activation	Side Plank	Side Plank Up Downs	Band Pallof Press
Side Hops	Core	Jump Rope	Mountain Climbers	Jumping Jacks
Side Leg Raise	Activation	Band Side Walk	ST Hip Crossover	ST Side Lunge
Side Lunge	Legs	Band Side Walk	Walking Lunge	Step Up or Stationary Lunge
Side Plank	Core	Plank	Seated Twist	Side Plank Up Downs
Side Plank Up Downs	Core	Side Plank	Plank	Plank Up Downs
Sidewinders	Core	ST Sidewinders	DB Seated Twist	Single Leg Twisting Crunch
Single Leg Bent Knee Hip Up	Legs	Bent Knee Hip Up	ST Bent Knee Hip Up	Single Leg Toe Touch
Single Leg Glute Activation	Activation	Single Leg Bent Knee Hip Up	Band Monster Walk (Backwards)	Bent Knee Hip Up
Single Leg Leg Raise	Activation	Band Monster Walk	Bent Knee Leg Raise	Mountain Jumpers
Single Leg Plank	Core	Plank	Side Plank	Plank Up Downs

Single Leg Push Up	Chest	Push Up	Twisting Push Up	DB Chest Press Alternating
Single Leg Sit Up	Core	Single Leg Plank	DB Toe Touch Sit Up	ST Mountain Jumper
Single Leg Toe Touch	Legs	Bent Knee Hip Up	Single Leg Bent Knee Hip Up	ST Leg Curl
Single Leg Twisting Crunch	Core	Seated Twist	DB Seated Twist	Side Plank Up Downs
ST Back Stretch	Mobility	Down Dog	Child's Pose	Foam Roller: Lat
ST Bench Dip	Triceps	Band Tricep Pushdown	Bar or Bench Dips	DB Tricep Kickbacks
ST Bent Knee Hip Up	Legs	Bent Knee Hip Up	ST Straight Leg Hip Up	DB Romanian Deadlift
ST Bicep Curl	Biceps	Band or DB Bicep Curl	Pull Up - Reverse Grip	Band or DB Reverse Curl
ST Chest Fly	Chest	Feet-Elevated Push Up	Twisting Push Up	DB Incline Chest Flyes
ST Close Grip Tricep Push Up	Triceps	Close Grip Push Up	Bench or Bar Dip	Band Tricep Pushdown
ST Counter Stretch	Mobility	Counter Stretch	Down Dog	Foam Roller: Lat
ST Crossover Stretch	Mobility	Glute Stretch	Piriformis Stretch	ST Hip Crossover
ST High Low Row	Back	ST Row	Band Face Pull	Pull Up - Overhand Grip
ST High Row	Back	ST Row	Band Face Pull	Pull Up - Overhand Grip
ST Hip Crossover	Legs	Band Side Walk	DB Side Lunge	Matrix Lunge
ST Iron Cross	Mobility	Child's Pose	ST Victory Pose	Hip Crossover Stretch
ST Jack Knife	Core	DB Toe Touch Sit Up	Bent or Straight Leg Raise	ST Mountain Jumper
ST Leg Curls	Legs	ST Bent Knee Hip Up	Single Leg Bent Knee Hip Up	DB Romanian Deadlift
ST Mountain Climber	Core	Mountain Climber	Jump Rope	Side Hop
ST Mountain Jumpers	Core	Mountain Jumper	Jump Rope	Side Hop
ST One Arm Lat Stretch	Mobility	Down Dog	Child's Pose	Counter Stretch
ST One Leg Squat	Legs	Single Leg Toe Touch	Single Leg Bent Knee Hip Up	Body Weight Squat
ST Push Up	Chest	Push Up	Bench or Bar Dip	DB Incline Chest Press
ST Row	Back	ST High Row	DB Bent Over Row - Elbows High	Band Face Pulls
ST Shoulder Stretch	Mobility	Child's Pose	Down Dog	Up Dog
ST Shoulder Stretch	Mobility	Shoulder Circles	ST Counter Stretch	Down Dog
ST Side Lunge	Legs	DB Side Lunge	Matrix Lunge	Band Side Walk
ST Sidewinder	Core	Side Plank	DB Seated Twist	Side Plank Up Downs
ST Squat	Legs	Body Weight Squat	ST One Leg Squat	DB Front Squat
ST Straight Leg Hip Up	Legs	Straight Leg Hip Up	Single Leg Bent Knee Hip Up	DB Single Leg Romanian Deadlift
ST Tricep Extension	Triceps	Band Tricep Pushdown	Close Grip Push Up or Bar Dip	DB Incline Skullcrusher
ST Victory Pose	Mobility	Child's Pose	Down Dog	Up Dog
Stationary Lunge	Legs	Walking Lunge	Reverse Lunge	DB Step Up
Step up	Legs	Walking Lunge	Single Leg Bent Knee Hip Up	Walking Lunge with a Pulse
Straight Leg Hip Up	Legs	Bent Knee Hip Up	ST Straight Leg Hip Up	DB Romanian Deadlift

Straight Leg Raise	Core	Bent Knee Leg Raise	ST Jack Knife	Single Leg Sit Up
The Matrix Lunge	Legs	Stationary Lunge	Reverse Lunge	Isometric Prisoner Squat
Twisting Push Up	Chest	Push Up	Push Up Row	ST Push Up
Up Dog	Mobility	ST Shoulder Stretch	Foam Roller: Lat	Hip Crossover Stretch
Walking Lunge	Legs	Step Up	Stationary Lunge	Walking Lunge with a Pulse
Walking Lunge with a Pulse	Legs	Step Up	Reverse Lunge	Lunge Jump