

Innovate Exercise Alternatives

Hi thanks for taking a look at these alternatives... If you have a movement or exercise your body doesn't like, that feels uncomfortable, then these alternatives will help workaround the problem...

Please note, if you are experiencing any serious pain please (social distancing allowing) do see a physio, osteopath or similar and in the meantime avoid painful movements :)

CORE EXERCISES:

Instead of Planks (or plank variations)

Do

Deadbugs <https://youtu.be/mQgg1jt0Ehc>

This keeps pressure off your wrists & shoulders

Instead of Crunches/Sit Ups

Do

Laying Core Hold <https://youtu.be/gIHn6Q1gSLc>

This keeps pressure off the low back whilst still strengthening the core muscles (abs/back)

Instead of Mountain Climbers

Do

Standing Climbers <https://youtu.be/iaYtSCeASAk>

Keeps pressure off of wrists/shoulders

Instead of Plank Rotations & Hot hands

Do

Thread the Needle (2 variations)

These take pressure off the wrists, shoulders and back

Alternating elbow to knee crunch (laying)

This keeps pressure off the low back whilst still strengthening the core muscles (abs/back)

Crunches / situps (5 variations)

These take pressure off the wrists, shoulders and back

All 3 here: <https://www.youtube.com/watch?v=aKdJVy1afxw>

LEG EXERCISES:

Instead of Lunges

DO

Step Back Knee Drives <https://youtu.be/oTdVKguk9Bo>

Reduces pressure on knees

Instead of Forward lunge / rotation

Do Squat hold chest press / goblet squat

Both reduce pressure on knees

Both here: <https://studio.youtube.com/video/5i9b5gSUFIs/edit>

Instead of Squats

DO

Supported Squats <https://youtu.be/qJcnWPNUWCU>

Wall Ski Sits https://youtu.be/HA_WxYLlxCQ

Kneeling Hip Thrusts <https://youtu.be/gmlW74SPRPE>

Straight Leg Raises <https://youtu.be/AQOsHDTcFCQ>

All reduce pressure on knees compared to standard squatting

UPPER BODY EXERCISES:

Instead of Overhead Presses

Do

Lateral Raises <https://youtu.be/yEStkq9PjLw>

Takes pressure off shoulder joint from overhead movements

Instead of Tricep Extensions

Do

Skull Crushers <https://youtu.be/1G8y0vSJiQY>

These take pressure off the shoulders whilst targeting the back of your arms

Instead of Press Ups

Do

Press UP Variations <https://youtu.be/wFv281vIBZk>

These take pressure off the wrists, shoulders and back

Laying Chest Press

This keeps pressure off your wrists & shoulders

Russian Twist

This keeps pressure off your wrists & shoulders

Standing One Arm Rows / Supported One Arm Row

These take pressure off the wrists, shoulders and back

All latter 4 here: <https://www.youtube.com/watch?v=vgf1fw7iipU>

Instead of Renegade Rows

Do

Standing One Arm Rows / Supported One Arm Row https://studio.youtube.com/video/GOZ_I09dFEA/edit

These take pressure off the wrists, shoulders and back

Instead of Burpees

Do

Walkout burpees Lower impact movement

Standing climbers (3 variations)

Standing elbow to knee

Walkouts

Inchworms

Getups (2 variations)

All 6 here: <https://www.youtube.com/watch?v=xeOTyyBe2sc>

These keeps pressure off your wrists, shoulders & low back whilst still strengthening the core muscles (abs/back)
