Equipment Substitutions

Exercise Substitutions · https://www.fitnessacademy.com/help-center/equipment-substitutions/

Sometimes you'll need to modify your workout due to lack of equipment or space. This page is here to help with practical alternatives. For *skill-specific substitutions* (like if you can't perform a pull-up or wall walk), please refer to our Exercise Substitutions page.

Limited Equipment Guidelines

Don't overthink it. There's no perfect one-size-fits-all swap for every movement. Pick a rep count or duration that feels appropriate and stay consistent across rounds. When unsure, converting reps or distance into a **time-based effort** is a reliable go-to.

Movement Substitutions by Equipment

Pull-Up Bar

Pull-Up

Equipment Options:

- Inverted Row (Barbell, Rings, TRX-style straps)
- Bent-Over Row (Barbell, Dumbbell, Kettlebell, or Odd Object)
- Banded Bent-Over Row
- Banded Lat Pulldown

No Equipment Options:

- Table Body Row
- Pillowcase Door Row
- Floor Sliding Pull-Up

Toe-to-Bar

Equipment Options:

- Lying Leg Raise to Dumbbell or Kettlebell
- Reverse Crunch

No Equipment Options:

- V-Up
- Alternating Leg V-Up
- Sit-Up (any variation)

Bar Hang

Substitution:

- Side Hold with Dumbbell or Odd Object

Plyometric Box

Box Jump

- Broad Jump

Box Step-Up (Bodyweight or Weighted)

- Forward Lunge (Bodyweight or Weighted)

Box Step-Over (Bodyweight or Weighted)

- Walking Lunge (Bodyweight or Weighted)

Bench

Bench Chest Press

- Floor Chest Press

Tricep Dip

- Floor Tricep Dip
- Hands-on-Dumbbell Tricep Dip (caution: requires control)

Seated Shoulder Press

- Kneeling, Tall Kneeling, or Floor-Seated Shoulder Press

Wall

Wall Walk

- Walk-Out
- Pike Walk-Out

Handstand Push-Up

- Pike Push-Up
- Standard Push-Up

Kettlebell

Kettlebell Swing

- Dumbbell Swing

Avoid gripping a dumbbell by the heads like a kettlebell. Instead: Hold a dumbbell by the handle and perform a **single-arm swing** (halve the reps per arm). Or use **two dumbbells** and swing to eye level with a lighter weight

Jump Rope

Double-Unders or Single-Unders

If you don’t have access to a jump rope, the goal is to keep the movement fast, cyclical, and moderately taxing. Stick with something that challenges your coordination and timing without slowing you down.

No Equipment Options:

- **Pogo Jumps**
  Keep feet together and bounce off the ground quickly. Focus on short, fast hops.
- **Jumping Jacks**
  Easy to scale, maintains aerobic output. Works well in high-rep workouts.

- **Tuck Jumps** *(higher intensity)*
  Explode off the ground and bring knees up to waist height. Use if you're looking for a more intense swap.

Wall Ball

If you don’t have a medicine ball or can’t safely throw one (indoor setup, low ceilings, etc), the goal is to keep the movement full-body, explosive, and rhythmic.

- **Dumbbell or Barbell Thrusters**
  Use about twice the prescribed wall ball weight. Move with speed and control. Focus on maintaining consistent tempo and range of motion.

Roman Chair / GHD Hip Extensions

- **DIY 45 Degree Hip Extension**

Embedded media: https://www.youtube.com/embed/4xdaNt9cbes?feature=oembed

Limited Space Substitutions

Not everyone has room for 25-foot carries, broad jumps, or shuttle runs. The options below help you modify movements without losing the intended training effect. Stick with consistent substitutes so your pacing stays predictable.

25 ft Walking Lunge

- 8 Alternating Reverse Lunges (4/4)
- 8 Alternating Forward Lunges (4/4)

25 ft Burpee Broad Jump

- 4 Burpee Broad Jumps
- 4 Burpee Box Jumps

25 ft Farmer’s Carry

- 10-Second Farmer’s March

  Note: There’s no exact step or time equivalent—it depends on stride, load, and space.

25 ft Burpee Shuttle Run

- 1 Burpee + 5 Seconds of Aerobic Movement

  Options: Run in place, pogo jumps, toe taps, etc.