Overview & Quick Reference

Exercise Substitutions · https://www.fitnessacademy.com/help-center/overview-quick-reference/

Not every training day will match your equipment, space, or movement ability. Whether you're working out in a limited setup, rehabbing an injury, or still building certain skills, you don't need to skip or water down the workout.

Our substitution guides help you adjust movements while maintaining the **intended training effect** rather than just swapping exercises randomly.

Understanding Limitation Types

Skill Limitation: You cannot perform the movement due to strength, coordination, technique, or mobility restrictions. This includes movements you're still learning or lack the physical capacity to complete safely.

Equipment Limitation: You have the ability to perform the movement but lack the required equipment, space, or setup.

Safety First

For injury-related modifications, consult with a medical professional or physical therapist for movement-specific guidance. The substitutions below are for general training limitations, not injury rehabilitation.

Quick Reference (Most Common Movements)

These are our most frequently substituted movements. Choose the right variation for your equipment, space, or skill level.

Strict Pull-Up

- **Skill Limitation:** Banded Pull-Up, Ring Row, Inverted Row

- **Equipment Limitation:** DB Bent Over Row, BB Bent Over Row, Alternating Gorilla Row (50% more reps)

Toe To Bar

- **Skill Limitation:** Knee To Elbow, Limited Range Toe To Bar, Butterfly Sit-Up (50% more reps)
- **Equipment Limitation:** V-Up, Alternating Leg V-Up (50% more reps)

Double Under

- **Skill Limitation:** Single Unders (50% more reps)
- **Equipment Limitation:** Pogo Jumps or Line Hops (50% more reps), Jumping Jacks (equal reps)

Wall Walk

- **Skill/Equipment Limitation:** Partial Wall Walk, Pike Walk-Out, Inchworm Push-Up

Wall Ball

- **Skill Limitation:** Wall Ball Thruster, Wall Ball to decreased height target
- **Equipment Limitation:** Single DB or BB Thruster

Complete Substitution Guides

For detailed breakdowns and additional movements, use these comprehensive guides:

Exercise Substitutions For skill-based limitations. Use this when you're unable to perform movements like pull-ups, toe-to-bar, wall walks, or double-unders due to strength, coordination, or technique. Smart substitutions that maintain the purpose of the original movement.

Equipment Substitutions For gear or space limitations. No pull-up bar? No wall ball? Training in a tight garage? This guide covers swaps based on available equipment including dumbbells, kettlebells, benches, or bodyweight-only options.

Aerobic Substitutions For running, rowing, biking, or jump rope. Replace aerobic movements without disrupting pacing or energy system demands. Includes time-based replacements, calorie/distance conversions, and bodyweight alternatives.

How to Choose the Right Substitution

Ask yourself: What was the movement trying to train? Power? Coordination? Endurance?

Key principles:

- Pick the option that maintains workout flow and intensity
- Match the training stimulus, not the movement exactly
- Use the equipment hierarchy: try the first option, if not available move to the next
- Avoid using workouts as skill practice (learn complex movements separately)

Still Need Help?

Post in the Members Facebook Group with your specific situation, or contact support. Our coaches will help you pick the right option for your setup or ability level.