

SHREDDED BEAST 2.0

Exercise Substitution Cheat Sheet

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Below you'll find a table that outlines a bunch of different potential exercises for each of the big movement types. Just locate any exercise you want to substitute out, and then select another exercise from the same movement type to replace it with.

Movement Type	Potential Exercise Substitutions
<i>Squat</i>	BB Back Squat, BB Box Squat, BB Front Squat, DB Goblet Squat, DB Rack Front Squat, Leg Press, Bodyweight Squat
<i>Lunge</i>	DB Walking Lunge, DB Step Back Lunge, DB Bulgarian Split Squat, BB Step Back Lunge, BB Bulgarian Split Squat, Pistol Squat, 1-Leg Press
<i>Deadlift</i>	BB Deadlift, BB RDL, Trap Bar Deadlift, BB Sumo Deadlift, Cable Pull Through, KB Deadlift, KB RDL, DB RDL, DB Single Leg Deadlift,
<i>Chest Press</i>	BB Bench Press, BB Incline Bench, BB Decline Bench, DB Bench Press, DB Incline Bench, Push-Up, Weighted Push-Up, Chest Press Machine
<i>Shoulder Press</i>	BB Military Press, BB Seated Shoulder Press, DB Seated Shoulder Press, DB Standing Shoulder Press, Shoulder Press Machine
<i>Horizontal Pull</i>	BB Bent Over Row, BB Pendlay Row, DB 1-Arm Row, DB Bent Over Row, Seated Cable Row, Horizontal Row Machine, Inverted Bodyweight Row
<i>Vertical Pull</i>	Pull-Up, Weighted Pull-Up, Chin-Up, Weighted Chin-Up, Lat Pulldown, Vertical Row Machine
<i>Biceps</i>	DB Bicep Curl, DB Incline Curl, DB Hammer Curl, BB Bicep Curl, BB Concentration Curl
<i>Triceps</i>	DB Skull Crusher, DB Close Grip Bench, BB Skull Crusher, BB Close Grip Bench, Cable Extension, Overhead Cable Extension
<i>Lateral Delts</i>	DB Delt Fly, DB 1-Arm Delt Fly
<i>Rear Delts</i>	Lying DB Rear Delt Fly, Bent Over DB Rear Delt Fly, Face Pull
<i>Abs</i>	Crunch, Sit-Up, Decline Sit-Up, Decline Weighted Sit-Up, Hanging Leg Raise, Hanging Knee Raise, Plank, Weighted Plank, Plank With Reach
<i>Obliques</i>	KB Russian Twist, Side Plank, Cable Reverse Woodchop, Cable Paloff Press, DB Side Crunch