



Welcome to the STRONG45 Modifications List!

This is where you'll find modifications for exercises on STRONG45:

NOTE: Each exercise is linked to a video to show you the exercise and modifications.

PULL UPS

Pull Ups are an advanced movement and require a lot of upper body strength. Here are a few things to keep in mind when including these in your workout.

Your Focus For Pull Ups:

Finish every rep with your chin above bar and squeezing your shoulders down. Try to keep your feet in front of the bar and not behind you. This will allow your core to be engaged to help get you up.

Do not “reach” with your neck but rather keep your neck in line with your spine.

Pull Up Modifications:

Here are some modifications that can be included in place of regular pull ups, which are listed in order from easiest to hardest. Even if you are able to do a few reps, it can be tough to include them into a workout with a higher rep count. The modifications are included into your workouts in order to help you work towards successfully completing full pull ups.

Ring, TRX, or Bar Bodyweight Rows: The more vertical you are (feet underneath you) the easier the movement will be. As your body becomes more horizontal (feet step farther away from your body) the more difficult it will be.

Focus on maintaining a straight plank position and do not use your hips to bring your chest up to the bar or rings. Instead focus on squeezing your shoulder blades together at the top as you bring the bar or rings towards your mid chest.

Jumping Pull Ups: If you are able to jump up to the bar to initiate the movement and finish the pull up from there, then this might be a good option for you. Focus on lowering yourself to the floor with control instead of just dropping down.

Negative Pull Ups: A go to for sure. This is where you are focusing on going SLOW on the way down for each rep. This is an amazing way to build up great pull-ups strength. You can either jump to the top of the bar OR use a box or chair to start at the top!

Band-Assisted Pull Ups: This will simulate a strict pull up while having assistance to help you move through the movement. The thicker the band, the easier it will be. You can use less assistance over time as you become more proficient in the movement.

Other Pull Ups Modifications:

Mini Band Superman Pull Downs

Table Rows

Towel Pull Downs

PUSH UPS

Push Ups are an advanced movement and require a lot of upper body strength. Here are a few things to keep in mind when including them in your workouts.

Your Push Up Focus:

Set up hands slightly wider than shoulder width apart.

Maintain a good plank position throughout the full movement. This means that from your shoulders to your feet, you should remain in a straight line.

Push through your shoulder blades at the top of the push up and bring your elbows back at 45 degree angle to initiate the descent.

Your chest should come all the way down to the floor (or bench) on each rep.

Modifications:

The best way to modify this movement is to change the angle of your body and include an incline to make it easier.

These are called Incline Push Ups.

The way to do this is to put your hands on a bench, stair, box or even the wall.

Doing this allows you to maintain a good plank position from your shoulders all the way to your feet. The higher the object that your hands are on, the easier the movement will be. As you lower your hands towards the floor and include a lower object for your hands, the more difficult the movement will be.

OVERHEAD PRESS

This is a great movement to increase shoulder and overall upper body strength. Here are some things to keep in mind when including this movement in your workouts.

Your Focus For Overhead Press

Engage your core before starting the movement. If this is hard to do, imagine how you'd brace if someone was about to punch you in the stomach. That bracing is you engaging your core.

Don't arch your back at the top of the press. You should not lean back as you lift the weight overhead. If you do, use a lighter weight to avoid compromising your low back and risk injury.

At the top of your press, you should actively be pushing the weight upward with your arms locked out. The weight should be directly over your head and not in front or too far behind. If someone were to look at you from the side, the bar would be directly over a ponytail if you have one.

Modifications:

Start with a comfortable weight. If you have mobility issues, be sure you're doing dumbbell instead of barbell. Remember that perfect form is more important than using heavy weights. Therefore, using a lighter weight is better than going heavier and compromising form.

BENCH PRESS – Flat and Incline

Set up:

Your feet should remain on the floor throughout the bench press. You should think about driving your heels into the ground as you bench to help move the weight up.

It's okay to have a slight arch in your back (where you can fit your hand under your low back while lying on the bench). This allows you to activate your glutes as you help move the weight up.

Bend your elbows at a 45 degree angle to lower the weight to about your sternum. Pause for a moment at the bottom of the rep, then push the weight up!

Modifications:

If you have shorter legs, you can put plates on the floor underneath your feet so that your heels are on the floor the whole time.

If you don't have a bench, you can perform these on the floor or up against a box. [Please see this video for how to do that!](#)

SQUATS

Squats are one of the best compound movements to include in any workout because they will recruit major muscle groups. Working these will increase overall strength over time! Here are some things to keep in mind while squatting:

Your Focus For Squats:

Set up your feet slightly wider than hip width apart. Some people find it helpful to turn your toes out slightly. This should not be too pronounced though.

Initiate movement by sending hips back. This does not mean sticking your butt out. Rather it simply means to start your squat by hinging your hips back. This will also help to protect your knees by not allowing them to shoot forward over your toes. If this is an area of weakness for you, squatting to a target would be a great option for you. See more about that modification below.

Your knees should track with your toes. As you are warming up this movement, look down to see if your knees are in track with your toes. Most people tend to let their knees cave in towards one another. If this is something you struggle with, imagine that your feet are on a large piece of paper and as you squat you are trying to rip apart that imaginary piece of paper with your feet. This helps to drive your knees outward.

Keep a neutral spine. If someone was to look at you from the side, they would see that your back remains flat throughout the entire squat. This means that your back is not over-arched but also does not collapse down at any point as well. If your chest tends to fall forward at the bottom of your squat, including the Goblet Squat might be a good option for you.

Squat Modifications:

[Squatting to a Target](#): Place a bench or box behind you. You can do this with a barbell or just your bodyweight. If you use a barbell, be sure to start light and have a spotter to help. You will squat to the target but will NOT sit down or relax on it. Rather, your butt will simply tap the target and you will return to the top of your squat immediately. Focus on maintaining tension in your core the entire movement.

DEADLIFT

Deadlifts simply mean lifting a dead weight off of the ground. This is often a movement where you will be able to lift the most weight. It's also a movement that you include throughout everyday life without realizing it (lifting a box off the ground, picking up your child, etc).

Your Focus For Deadlifts:

Set up your feet at about hip width apart.

Be sure to keep your chest high and having a neutral spine (flat back).

Shoulders and hips should rise at the same time to lift the bar to hip level.

At the top of the movement squeeze your butt to open up your hips, but avoid leaning back.

Send your hips back to initiate the descent to the floor. Keep pushing your hips until you are not able to any longer, at this point you will bend your knees to bring the weight to the floor. Be sure not to bend your knees too early as that will put pressure on your knees instead of on your glutes.

EXERCISE PROGRESSIONS

These are some progressions to help gauge which movements will be best throughout the program. As you become more familiar with the movements you will be able to move to the next level once your form is mastered.

Upper Body Progressions:

Pull Ups or Chin Ups:

[Regular or Weighted Pull Ups](#): Advanced

[Band-Assisted Pull Ups](#): Intermediate

[Jumping Pull Ups](#): Intermediate

[Negative Pull Ups](#): All

[Bodyweight Rows](#) or [Table Rows](#): Intermediate

[Mini Band Superman Pull Downs](#): All

[Towel Pull Downs](#): All

[Dumbbell Rows](#): All

Push Ups:

[Push Ups](#) or [Decline Push Up](#): Advanced

[Incline Push Ups](#): Intermediate

[DB Chest Press](#): All

Lower Body Progressions:

Squats:

[Barbell Back Squats](#) or [Front Squats](#): Advanced

[Barbell Back or Front Squat to a Target](#): Intermediate

[Goblet Squats](#): Intermediate

[Air Squats](#): All

Deadlifts:

[Barbell Deadlifts](#): Advanced

[Dumbbell Deadlifts](#): All

[Single Leg Deadlift](#): All



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