



# EXERCISE SUBSTITUTION PRINT OUT

Our Fastest Way to Get Six Pack Abs

- Always try to perform the original exercises as directed in the Six Pack Shortcuts program. Only when necessary due to not having the equipment available OR any physical or medical reason should you substitute the Listed Exercises (which is the original exercises in the program)
- Use the No Weight Alternatives Exercise only if you don't have the equipment to the Weighted Alternatives. Remember, weighted exercises stimulate more muscle growth than body weight exercises. Because of that, **when replacing the Listed Exercise with a No Weight Exercise, PERFORM 2 EXTRA SETS for that exercise and perform all sets to failure.**
- If you can't find an alternative exercise to substitute, email me at [mike@sixpackshortcuts.com](mailto:mike@sixpackshortcuts.com)
- If you do not have access to a gym, most of the Listed Exercises can be substituted with an adjustable Dumbbell Set, Flat Bench, Door Frame Chin Up Bar OR Olympic Size Bench Press(with weighted Plates and a Olympic size Barbell) and a Door Frame Chin Up Bar.

<b><u>Listed Exercise</u></b>	<b><u>Alternative Exercise(s) Weights</u></b>	<b><u>Alternative Exercise(s) No Weight</u></b>
*All Exercises involving the use of a barbell can be substituted with Dumbbells and also the other way around		* If you use No Weight Exercises to replace the Listed Exercises, you must do 2 extra sets per exercises and perform all sets till failure.
<b><u>CHEST</u></b>		
Flat Bench press	Flat DB Press	Push Ups
Incline Bench Press	Incline DB Chest press	Incline Push Ups (place feet at an incline)
Standing Barbell Curls	Standing DB Curls	Close Grip(underhanded) Pull Ups
Incline DB Chest press	Incline Bench Press	Incline Push Ups (place feet at an incline)
DB Flat Fly's	Wide Grip Bench Press	Wide Push Ups
Weighted Dip	Close Grip Bench, Dip Machine	Close Grip Push Ups
4 Sec Push Ups		4 Sec Push Ups on knees or Reg Push Ups
Side to Side Push Ups		Clapping Push Ups or Reg Push Ups
<b><u>BACK/TRAPS</u></b>		

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Bent Over Barbell Row	Bent Over DB Row, T Bar Row, Chin Ups, Cable Lat Pull Downs	Chin Ups (overhand)
Standing Barbell Shrugs	Standing DB Shrugs	DB Side Laterals (to the ceiling with both DB touching)
Standing DB Shrugs	Standing Barbell Shrugs	DB Side Laterals (to the ceiling with both DB touching)
Dead Lifts	DB Deadlifts	DB Swing – Hold 1 Db in front of you with both hands, hanging b/t your legs. Stand with a wide stance, squat down, and swing the DB forward towards eye level as you stand up.
Wide Chin Ups	One Arm DB Row, Barbell or DB Bent Over Row, Lat Pull Down	Over Hand Towel Row (Middle Position)
Back Ext w/Side Lateral	Bent Over Side Laterals	Prone Cobras, Bent Over Circles,
Plate Shrugs	Barbell or DB Shrugs	
One Arm DB Row	Bent Over DB or Barbell Row, Chin Ups, Lat Pull Downs, Seated Cable Row	3 Position Towel Row (High Position)
Behind Back Barbell Shrugs	Behind Back DB Shrugs, Reg DB or Barbell Shrugs, Weighted Prone Cobras(holding a light weight on each while performing prone cobras)	Towel Shrugs to front or back – hold a towel or shirt at shoulder width apart, pull each ends to get resistance, shrug upwards.
T- Bar Rows	Deadlifts, Bent Over Barbell or DB Row, Shoulder Width Chin Ups(overhand grip)	Under Hand Towel Row (Low Position)
Prone Cobras		
<b>ARMS</b>		
Skull Crushers	Close Grip Bench Press, Overhead DB Ext, Cable Tricep	Close Grip Push Ups, Bench or Chair Dips

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	Ext, Weighted Dips	
Tricep Kickbacks	Skull Crushers, One Arm Overhead DB Ext, Cable Tricep Ext	Close Grip Push Ups, Bench or Chair Dips
Seated Body Weight Dips		
Seated DB Curls	Standing DB or Barbell Curls, Underhand close grip Chin Ups,	
Seated DB Overhead Ext	Skull Crushers, Close Grip Bench Press	
One Arm Tricep DB Ext	Tricep Kickbacks, Skull Crushers,	
DB Hammer Curl	Overhand Barbell Curl, Overhand close grip Chin Ups,	
Standing DB Alternating Curl	Barbell Curls, Underhand close grip Chin Ups, Preacher Curls	
Cable Triceps Ext (v bar or rope)	Skull Crushers, Close Grip Bench Press, Overhead DB Ext	Inclined Close Grip Push Ups
Preacher Curl	DB Concentration Curls – hold a DB, sit on a chair or bench, keep legs open and place back of arm on inner thighs, perform the curl.	
<b>SHOULDERS</b>		
Barbell Clean and Press	DB Clean and Press, Upright Rows	Squat and Front Raise using Towel – Hold towel at shoulder width and pull with resistance. Squat low enough so the towel is touching the middle of your shins. Raise towel towards the ceiling while standing up.
Side Laterals		Circles - while holding anything of weight in each

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		hand(ex: a can; a bottle of water; etc)
DB or Barbell Upright Rows	DB or Barbell Front Raises	Shoulder Push Ups – Get in Push Up position with feet closer to your hands so your body is in a “V” position( your glutes should be pointing to ceiling) come down for a push up aiming the top of your head towards the floor b/t your hands
Standing DB Shoulder Press	Standing Military Press	Front Raises to the ceiling – while holding anything of weight with both hands. (ex: 1 gallon water jug; Back Pack or Duffle Bag with books or something inside; etc)
Seated/Standing Military Press	Seated/Standing DB Press	Front Raises to the ceiling – while holding anything of weight with both hands. (ex: 1 gallon water jug; Back Pack or Duffle Bag with books or something inside; etc)
Front Raise		Towel Front Raise – hold towel with both hands, palms facing each other. Hand should be 3-4 inches apart. Raise towel to the ceiling.
Circles		
Barbell Front Raises (to the ceiling)	DB Raises to the Ceiling, DB or Barbell Upright Rows	Circles - while holding anything of weight in each hand(ex: a can; a bottle of water; etc)
DB or Barbell Upright Rows		Shoulder Push Ups- Get into Push Up position where feet is closer to your hands so your body forms a “V” (your glutes should be pointing to the ceiling. Come down for a push up with top of your head towards the floor b/t your hands.
<b>LEGS</b>		
Barbell Squat	Leg Press, Barbell or DB Lunges	BW Squats
Leg Press	Barbell or DB Squat, Barbell or DB Lunge, Barbell or DB Crab	Jumping Squats



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	Walks	
Hopping Squats		BW Squats
Jumping Lunges		Reg Lunges, BW Squats
Seated Calf Raises	Standing Calf Raises	3 Position Calf Raises
Barbell Crab Walks	Barbell or DB Lunges	BW Lunges, Jumping Lunges
DB Leg Curl	Lying Machine Leg Curl, Stiff Leg Deadlifts,	One Leg Toe Touch(holding on to anything with weight to add resistance)
DB Walking Lunges	Barbell Walking or Stationary Lunges,	BW Lunges, Jumping Lunges, BW Crab Walk – wear a backpack for extra resistance.
3-Position Calf Raises		
Lying Leg Curl	DB Leg Curl, Stiff Leg Deadlifts	One Leg Toe Touch(holding on to anything with weight to add resistance)
BW Standing Calf Raises	Seated Calf Raise	3 Position Calf Raises, Stepping Taps- (holding on to anything with weight to add resistance)
Stiff Leg Dead Lift/Barbell/DB	Lying Leg Curl, DB Leg Curl	One Leg Toe Touch (holding on to anything with weight to add resistance)
Seated Calf Raise	Standing Calf Raises	3 Position Calf Raises, Stepping Taps- (holding on to anything with weight to add resistance)
Front Squat and Press/Barbell/DB	DB Swing – Hold 1 Db in front of you with both hands, hanging b/t your legs. Stand with a wide stance, squat down, and swing the DB forward towards eye level as you stand up.	Squat and Front Raise using Towel – Hold towel at shoulder width and pull with resistance. Squat low enough so the towel is touching the middle of your shins. Raise towel towards the ceiling while standing up.
One Leg Toe Touch	Lying Leg Curl, Stiff Leg Deadlifts, DB Leg Curl	
<b><u>ABS</u></b>		
Decline Sit-Ups		All Abs exercises can substitute each other. The same



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		goes with all
Lying Toe Touches		Functional exercises too. No 1 Ab
Hanging leg raises		or Functional exercise is better
Reverse Crunch		than the other. Different abs and
Lying Hand to Heel Touch		functional exercises help develop
Crunch Knee Holds		your core as a whole. Try to follow
		all of them as most will not need
<b>FUNCTIONAL</b>		any equipment. Don't worry if you
Jumping Knee Tucks		can't currently perform all the
Rocking Get Ups		exercises. Just do the ones you can
Knee to Elbow Plank		now, and in time you will develop
Side Planks		the strength and ability to do them
		all.
		*Remember, your abs will shown from lowering body fat and not from doing "special" Ab Exercises.