

South Bellevue Community Center – Substitute Workout for SBCC Equipment

Hello Home Exercisers! We have created a list of home exercises that will directly substitute for the machines you typically use at SBCC. We hope this will help those who had a solid routine using the SBCC equipment and now find themselves without alternatives for those machines.

These substitute exercises have similar biomechanics of each machine but don't have the large range of weight resistance available. With a few small pieces of equipment or household items, you can make your workout more fun and productive. Each list includes several choices because we have included exercises that use no equipment and others that use light equipment. **The last page has a list of suggested items you can purchase and use for your workouts!**

Leg Press/Calf Raise machine substitute exercises:

1. **Unassisted Squats** – you can also use a step/chair (11-16" high)
<https://youtu.be/aclHkVaku9U>
2. **Resistance Band Leg Press**
https://youtu.be/qp_RtWjHsV8
3. **Resistance Band Squats**
<https://youtu.be/duP-UZsfOaQ>
4. **Single Leg Chair Squats**
<https://youtu.be/TQ13dLd6FMk>
5. **Walking Lunges**
<https://youtu.be/vni4IEITvsY>
6. **Calf Raises** - using any platform or step (3-16")
https://youtu.be/jfKTT_hr8bk



Leg Curl machine substitute exercises:

1. **Floor Hamstring Curls with towel**
<https://youtu.be/oimeUrxwEo0>
2. **Stability Ball Hamstring Curl**
<https://www.youtube.com/watch?v=WNB90xXLEOg>
3. **Dumbbell Hamstring Curls** – lying down (on bench if possible)
<https://youtu.be/ZHIBSI6JPsa>



Chest Press machine substitute exercises:

1. **Knee Push-ups**
<https://www.youtube.com/watch?v=utzhPQuXWcA>
2. **Standard Push-ups**
<https://www.youtube.com/watch?v=M7fWdJIDxPQ>
3. **Resistance Band Chest Press**
<https://youtu.be/qqzVVI6cPAI>
4. **Dumbbell Floor Chest Press**
<https://youtu.be/3hXcBPO3-08>



Assist Dip/Chin machine substitute exercises:

Assist Chin:

1. **Resistance Band Pull-downs on Floor**
<https://youtu.be/n-lzgCIH99Q>
2. **9 exercises that substitute for Lat Pulldowns or Assisted Pull-ups**
https://youtu.be/EZRQHn_LHCI
3. **How-to do Pull-ups for Beginners – starting without equipment**
<https://youtu.be/a8N-RT0N-aQ>



Assist Dip:

1. **Chair Tricep Dips**
<https://youtu.be/6kALZikXxLc>
2. **Floor Tricep Dips and Variations**
<https://youtu.be/pnt7HBOvUj8>

Rear Delt machine substitute exercises:

1. **Resistance Band Rear Delt**
<https://youtu.be/PwHTWcyBJTo>
2. **Standing Rear Delt Raise**
https://youtu.be/WkPuyy_k96l
3. **Seated Rear Delt Raise**
<https://youtu.be/p1yQnTNE808>
4. **Bench Rear Delt Raise**
<https://youtu.be/9R5f4oljwq8>



Pec Fly machine substitute exercises:

1. **Resistance Band Pec Fly**
<https://youtu.be/1076zKHV7AM>
2. **Floor Pec Fly**
<https://youtu.be/PvXdcjNpTB0>
3. **Bench Pec Fly**
<https://youtu.be/tJ2kaO29NDM>

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Hip Adduction machine substitute exercises:

1. Hip Adduction - lying down
<https://youtu.be/Td1g7TEd-IU>
2. 3 Stability Ball Hip Adduction exercises
https://youtu.be/TOZR_mhkuSA
3. Resistance Band Standing Hip Adduction
<https://youtu.be/TnXwUEZvs4M>

Hip Abduction machine substitute exercises:

1. Hip Abduction Clamshells
<https://youtu.be/-B9ldhCcCfA>
2. Hip Abduction Leg Raises
<https://youtu.be/rOAnQENi054>
3. Resistance Band Seated Hip Abduction
<https://youtu.be/ADoMBWn3D04>
4. Resistance Band Standing Hip Abduction
https://youtu.be/W5I_i-tQQk8

BOSU Roman Chair/Elevate Abdominal machine substitute exercises:

1. Leg Raises – lying down
<https://youtu.be/xqTh6NqbAtM>
2. Reverse Crunch
<https://www.youtube.com/watch?v=YDvaOlhaA1U>
3. Seated Knee Tucks
<https://youtu.be/54q250IUEAc>
4. Mountain Climber Knee Tucks
<https://youtu.be/UOGvtqv856A>
5. Stability Ball Knee Tucks
<https://youtu.be/Awx2hi2SryE>
6. Ab Bicycles exercise
<https://www.youtube.com/watch?v=9FGilxCbdz8>
7. V-Ups
<https://youtu.be/qtDI0FCyFY8>



Back Extension Bench substitute exercises:

1. **Back Extension variations – lying down**
<https://youtu.be/Bw9YuQTTc58>
2. **Seated Back Extension Stretch**
<https://youtu.be/WEn8aV1m9oA>
3. **Stability Ball Back Extension**
<https://youtu.be/ZvKCgtHZam0>
4. **Stability Ball Back Extension – with rotation**
https://youtu.be/b_Iri5nayDk



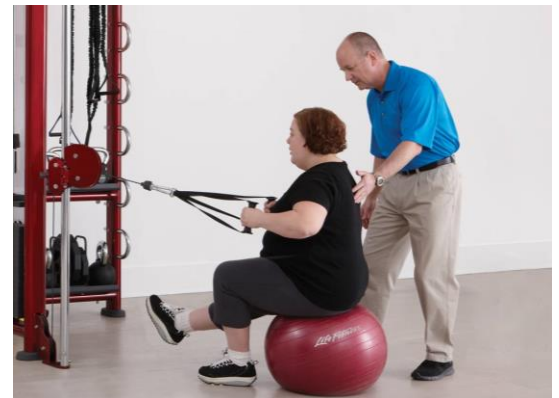
Tricep Extension substitute exercises:

1. **Dumbbell Tricep Extension**
<https://youtu.be/l6sx26Fqdq8>
2. **Resistance Band Tricep Pushdown**
<https://youtu.be/95qOHjH67ol>
3. **Resistance Band Tricep Extension**
<https://youtu.be/a5rUdCeTtSE>
4. **Stability Ball Tricep Extension**
<https://youtu.be/ARqDstG3MFs>



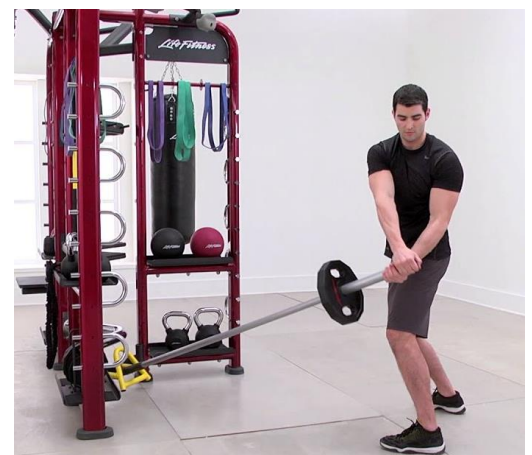
Cable Row substitute exercises:

1. **Inverted Rows – using a sheet and doorway**
<https://youtu.be/aXlxWq1Tz1I>
2. **Resistance Band Standing Row**
<https://youtu.be/boVz8454GVs>
3. **Standing Dumbbell Row**
<https://youtu.be/HE5IBnWYEg4>
4. **One Arm Dumbbell Row**
<https://youtu.be/S2NHTbkYGHo>



Power Pivot – Russian Twist substitute exercises:

1. **Seated Russian Twist**
<https://youtu.be/4wNNCQj2mV4>
2. **Stability Ball Russian Twist**
<https://youtu.be/09sGkjieJKg>
3. **Dumbbell Wood Chop**
<https://youtu.be/SfTBo2TjI7M>
4. **Standing Ab Twist**
https://youtu.be/D_HQMvbveG4



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Household items to use for weight exercises:

1. Backpack with books inside
2. Bag of potatoes/rice
3. Shopping bags with heavy items inside
4. Laundry detergent bottles/jugs -
5. Cans of soup
6. Water bottles

Inexpensive equipment you can purchase online:

Resistance Bands (with door anchor if possible) – Here are 3 examples of different types:

1. Handles for Upper Body exercises
https://www.amazon.com/SPRI-Xertube-Resistance-Exercise-Attachment/dp/B0000AJ04V/ref=sr_1_40?dchild=1&keywords=resistance+bands&qid=1585348478&sr=8-40
2. Best for Lower Body exercises – placed around ankles or above knees
https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr_1_2?dchild=1&keywords=resistance+bands&qid=1585348540&sr=8-2
3. Great for stretching – without handles
https://www.amazon.com/Potok-Resistance-Exercise-Physical-Workouts/dp/B01M9DCFLB/ref=sr_1_28?dchild=1&keywords=resistance+bands&qid=1585348577&sr=8-28

Stability Balls aka Swiss Balls:

https://www.amazon.com/s?k=stability+ball&ref=nb_sb_noss_1

Dumbbell Sets:

https://www.amazon.com/s?k=dumbbell+set&ref=nb_sb_noss_1