

Exercise	Modification
Push-ups	Push-ups on knees
High plank	Forearm plank or plank on knees
Ab crunches	Ab crunches on knees, standing against a wall, or side-lying
Glute bridges	Standing glute bridges against a wall or ball bridges
Single-leg exercises	Perform the exercise on both legs
Box jumps	Squats
Fast movements	Perform at half tempo
Russian twists	Hold the upper body static or perform at half speed
Feet together	Feet shoulder-width apart
V-sit	One foot flat on floor, one leg in a V
Heavy lifting	Reduce weight, increase reps
Hot yoga	Yoga

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