

# Atomic Athlete

## Injury Substitutions Chart

### **Purpose:**

The charts below are designed for an athlete that has a limitation due to a temporary or chronic injury.

Due to the diverse types and severity of injuries that an athlete can encounter, these charts are meant to scale down specific exercises that cause the athlete pain or discomfort while on the road to recovery. These charts are not meant to rehabilitate an injury. They simply allow the athlete to “work around” it.

### **How to use these charts:**

1. ID what exercises cause pain in the injured area. This does not need to be an extensive diagnostic, simply go through your programming and ID what hurts.
2. Find the exercise on the chart below. They are categorized based on the type of exercise: Lower body, Total body, Upper Body, Core Exercises and Single Mode.
3. From the selected exercise scroll to the right to the column where your injury is located.
4. Attempt to do that exercise, if it causes pain then repeat the process by finding that specific exercise and sliding to the right once again.
5. The substitutions are scaled one step at a time so you may have to repeat the process multiple times until you find the appropriate exercise. Unknown exercises can be found at <http://atomic-athlete.com/exercises>

### **Notes:**

- Many of the exercise substitutions end up turning into a single arm or single leg variation. Just because one extremity is injured does not mean you should stop training the un-injured one.
- Do not worry about one side getting “larger” than the other, as that would take an extremely long time of ignoring one extremity and training only the other. If there ends up being a difference in size it will be due to muscle atrophy, not muscle hypertrophy.
- Severe injuries will require total rest and rehab, muscle atrophy will occur and must be accepted, this is part of the healing process and as the injury heals you will be able to start training it again little by little.

### **Example:**

Injury = Posterior Disc Bulge in Thoracic Spine

Programmed Exercise = Back Squat

Find Back Squat on the Lower Body Chart - Scroll over to Upper Back / Neck Column

Suggested Exercise is Walking KB / DB Lunge, upon testing, or doctors recommendation, this exercise is not appropriate

Find Walking KB / DB on the Lower Body Chart - Scroll over to Upper Back / Neck Column

Suggested Exercise is Loaded Tire Drag, this exercise is appropriate, now go drag the tire.

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## Injury Substitutions Chart

### Lower Body Exercises

Exercise	Arm / Wrist / Hand	Shoulder	Knee / Ankle	Upper Back / Neck	Low Back
Back Squat	Single KB Front Squat	Single KB Front Squat	1 Leg Box Squat	Walking KB/DB Lunge	Heavy Tire Drag
Front Squat	Back Squat	Back Squat	1 Leg Box Squat	Walking KB/DB Lunge	Heavy Tire Drag
Overhead Squat	Back Squat	Back Squat	1 Leg Box Squat	Walking KB/DB Lunge	Heavy Tire Drag
Deadlift	Box Squat	Single KB Deadlift	1 Leg Deadlift	Poor Man Leg Curl	Heavy Tire Drag
Walking KB/DB Lunge	Single KB/DB Lunge	Single KB/DB Lunge	RDL	Heavy Tire Drag	Heavy Tire Drag
Jump Lunge	NA	Stationary Lunge	Squat	Lunge	Lunge
Jump Squat	NA	Squat	Squat	Squat	Squat
Squat	NA	NA	1 Leg Box Squat	Heavy Tire Drag	Heavy Tire Drag
Lunge	NA	NA	Squat	Heavy Tire Drag	Heavy Tire Drag
Heavy Tire Drag	NA	NA	Airdyne	Airdyne	Reverse Tire Drag
RDL	KB RDL with one hand	KB RDL with one hand	1 Leg Deadlift	Poor Man Leg Curl	Poor Man Leg Curl

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### Upper Body Exercises

Exercise	Arm / Wrist / Hand	Shoulder	Knee / Ankle	Upper Back / Neck	Low Back
Bench Press	Single Arm Bench Press	Single Arm DB Bench Press	NA	NA	NA
Military Press	Single Arm Military Press	Single Arm Military Press	NA	Bench Press	Bench Press
Push Press	Single Arm Push Press	Single Arm Push Press	Military Press	Military Press	Military Press
Jerk	Single Arm Jerk	Single Arm Jerk	Military Press	Military Press	Military Press
Push Pull	Single Arm Bench Press + Single Arm Rows	Single Arm Bench Press + Single Arm Rows	NA	Bench Press + Single Arm Row	Bench Press + Single Arm Row
Pull-up	Single Arm Row or Lat Pulldown	Single Arm Row or Lat Pulldown	NA	Horizontal Pull-up	Horizontal Pull-up
Push-up	Single Arm Bench Press	Single Arm Bench Press	NA	Bench Press	Bench Press
Curl to Press	Single Arm Curl to Press	Single Arm Curl to Press	NA	Curl	Curl
Horizontal Pull-up	Single Arm Row	Single Arm Row	NA	Single Arm Row	Single Arm Row
Single Arm Row	Strong side only	Strong side only	NA	Lighter Loading	Lighter Loading
Kroc Row	Strong side only	Strong side only	NA	Single Arm Row	Single Arm Row
Curl	Single Arm Curl	Single Arm Curl	NA	Seated Curl	Seated Curl

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## Injury Substitutions Chart

### Total Body Exercises

Exercise	Arm / Wrist / Hand	Shoulder	Knee / Ankle	Upper Back / Neck	Low Back
Clean	Clean Pull	Clean Pull	Power Clean - hang or hip	Hip Bridge	Hip Bridge
Power Clean	Clean Pull	Clean Pull	Muscle Clean - hang or hip	Hip Bridge	Hip Bridge
Muscle Clean	Clean Pull	Clean Pull	NA	Hip Bridge	Hip Bridge
Snatch	Snatch Pull	Snatch Pull	Power Snatch - hang or hip	Hip Bridge	Hip Bridge
Power Snatch	Snatch Pull	Snatch Pull	Muscle Snatch - hang or hip	Hip Bridge	Hip Bridge
Muscle Snatch	Snatch Pull	Snatch Pull	NA	Hip Bridge	Hip Bridge
KB Swing	One Arm Swing	One Arm Swing	Seated Swing	Run	Run
Burpee	Ball Slam	Ball Slam	Ball Slams	Ball Slams	Single Mode
Ball Slam	One Arm KB Snatch	One Arm KB Snatch	Swing	Swing	Run
Mr. Spectacular	Single Arm KB Clean + Squat + Press	Single Arm KB Clean + Squat + Press	NA	Pushup + Push Press	Pushup + Push Press
Clean Pull	KB Clean	KB Clean	Clean Grip RDL	Hip Bridge	Hip Bridge
Snatch Pull	KB Snatch	KB Snatch	Snatch Grip RDL	Hip Bridge	Hip Bridge
RDL Clean / Snatch grip	KB RDL	KB RDL	1 leg Deadlift	Hip Bridge	Hip Bridge
KB Snatch	One Arm Swing	One Arm Swing	Seated Snatch	Hip Bridge	Hip Bridge
Hip Bridge	NA	NA	Poor Man Leg Curl	Reverse Tire Drag	Reverse Tire Drag



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### Core Exercises

Exercise	Arm / Wrist / Hand	Shoulder	Knee / Ankle	Upper Back / Neck	Low Back
Situp	NA	NA	NA	Front Plank / Bridge	Front Plank / Bridge
Weighted Situp	1 arm Situp	1 Arm Situp	NA	Front Plank / Bridge	Front Plank / Bridge
Flutter Kick	NA	NA	Situp	Situp	Front Plank / Bridge
Side Plank	Front Plank / Bridge	Single Arm Farmer Carry	Front Plank / Bridge	Single Arm Farmer Carry	NA
Front Plank / Bridge	NA	Single Arm Farmer Carry	Front Plank / Bridge	NA	Too injured to train.
Toes to Sky	NA	NA	Situp	Front Plank / Bridge	Situp
Face Down Back Extension	NA	NA	NA	KB RDL	Hip Bridge
Halfmoons	Unloaded Seated Russian Twist	Unloaded Seated Russian Twist	Standing Half Moons	Seated Russian Twist	Single Arm Farmer Carry
Slasher	Unloaded Seated Russian Twist	Unloaded Seated Russian Twist	Strict Slasher	Seated Russian Twist	Single Arm Farmer Carry
Cauldron	Unloaded Seated Russian Twist	Unloaded Seated Russian Twist	NA	Seated Russian Twist	Single Arm Farmer Carry
Seated Russian Twist	Unloaded Seated Russian Twist	Unloaded Seated Russian Twist	NA	Front Plank / Bridge	Single Arm Farmer Carry
Standing Russian Twist	Unloaded Seated Russian Twist	Unloaded Seated Russian Twist	Seated Russian Twist	Seated Russian Twist	Single Arm Farmer Carry
Farmer's Carry	Single Arm Farmer Carry	Single Arm Farmer Carry	Farmer Carry Hold, no walking	Front Plank / Bridge	Front Plank / Bridge
Bench / Plank Walkup	Front Plank / Bridge	Single Arm Farmer Carry	NA	Front Plank / Bridge	Front Plank / Bridge