

# Exercise and Rep Substitution Chart

**In a vast majority of cases, you will simply substitute the barbell movement with the same movement with either a dumbbell/kettlebell OR Sandbag**

## STRENGTH CIRCUITS: IF DB/KB/SBs ARE TOO LIGHT, THEN USE THE FOLLOWING CHART...

Olympic Lifts				All other lifts		
Original Reps	Replacement Reps If the subbed equipment is...			Original Reps	Replacement Reps	Progression**
	Challenging	Moderate	Light			
1x	2x	3x	4x	1-4x	5 sec. Pause at bottom	5 sec. (slow) descent
2x	3x	4x	5x	5-7x	3 sec. Pause at bottom	3 sec. (slow) descent
3x	4x	5x	6x	8x +	1 sec. Pause at bottom	1 sec (slow) descent

\*\*For every new progression in the program, add one second to descent

**If your dumbbell/kettlebells OR Sandbag are "hard but doable" use the same rep numbers.**

## WORK CAPACITY or STAMINA CIRCUITS:

If subbing a **barbell** for a **kettlebell, dumbbell, or sandbag**, use the following loading (male/female):

If subbing a **kettlebell, dumbbell, or sandbag** for a **barbell**, use the following loading multiplier\*\*\* (male/female):

Exercise	KB	DB	SB	Exercise	Barbell (loading multiplier applies to total weight of DBs)
		same number of reps as barbell...			Swing
Olympic	25-40/15-25	25-40/15-25	40-80/40	Olympic	65-95/25-45
Upper Body	25-40/15-25	25-40/15-25	40-80/40	Upper Body	65-95/25-45
Lower Body	25-50/15-35	25-50/15-35	40-80/40	Lower Body	85-135/35-85

## SPECIAL CASE:

**Sandbag Get-ups:**

**Sandbag Get-ups:**

If for reps...	of...	at...	If for time...	of...	at...
Do half the number total	Turkish Get-ups	25 lbs. - males/10 lbs. - females	Do the same total time	Turkish Get-ups	25 lbs. - males/10 lbs. - females