

**Movement Substitution Suggestions**

Movement	Substitutions
<b>Cardio</b>	
Machine	Other Machine Running Double Unders Burpees (See Conversion Chart)
Sled	Hill Sprint (for Sprints) Odd Object Carry (for marches/ walks)
<b>Weightlifting</b>	
Power Clean	DB Power Clean Sandbag Clean Kettlebell Swing
Squat Clean	DB Squat Clean Sandbag Squat Clean Kettlebell Tater Medicine Ball Clean
Power Snatch	DB Snatch Kettlebell Snatch
Squat Snatch	DB Squat Squat Kettlebell Snatch DB/KB OHS
Front Squat	DB/KB Front Squat (2 DBs or 2 KBs) DB/KB Goblet Squat (Single DB/KB) Sandbag Squat Wall Balls (3:1)
Overhead Squat	DB/KB Front Squat (2 DBs or 2 KBs) DB/KB Goblet Squat (Single DB/KB) DB/KB OHS (Single DB/KB) Sandbag Squat Wallballs (2:1, 3:1, 4:1, or 5:1; depending on workout)
Thruster	DB/KB Thrusters (2 DBs or 2 KBs) Single Arm DB/KB Thruster DB/KB Push Press (2 DBs or 2 KBs) Single Arm DB/KB Push Press DB/KB Front Squat (2 DBs or 2 KBs) DB/KB Goblet Squat (Single DB/KB) Sandbag Squat Wallballs (3:1) Kipping HSPU Strict HSPU Jump Squats Box Jumps (heavier the weight, the taller the box)
Shoulder to Overhead	DB/KB Push Press (2 DBs or 2 KBs) Single Arm DB/KB Push Press Wallballs (3:1) Kipping HSPU Strict HSPU Push Ups Ring/Box/Bench Dips
Back Rack Front Rack OH Lunge	DB/KB Front Squat (2 DBs or 2 KBs) DB/KB Goblet Squat (Single DB/KB) DB/KB Lunge (2 DBs or 2 KBs) DB/KB Goblet Lunge (Single DB/KB) Sandbag Lunge Box Step Ups/Step Overs
Wallballs	DB/KB Thrusters (1 or 2 KB/DBs) Burpees Box Jumps Burpee Box Jump HSPU Sandbag Squat Squat Jumps
Kettlebell Swing/Snatch	Burpees Box Jumps Burpee Box Jump DB Snatch (1 or 2 DBs) DB Clean and Jerk (1 or 2 DBs) Barbell Power Snatch (Floor or Hang) Barbell Power Clean (Floor or Hang) Wallballs Box Jumps Jump Squats
SDLHP	Single DB/KB High Pull Burpee Box Jump Burpee Box Jump Wallball Pull Up Ring Row
Sandbag Clean	DB Clean (Squat or Power) Barbell Clean (Squat or Power) Kettlebell Swing/Snatch DB Thruster Box Jump Burpee Box Jump Burpee Box Jump
Sandbag Squat/Lunge	DB/KB Front Squat (2 DBs or 2 KBs) DB/KB Goblet Squat (Single DB/KB) DB/KB Lunge (2 DBs or 2 KBs) DB/KB Goblet Lunge (Single DB/KB) Box Step Ups/Step Overs
<b>Gymnastics</b>	
HSPU	Push Ups Ring/Bench/Box Dips DB/KB Thrusters (1 or 2 DBs/KBs) DB/KB Push Press (1 or 2 DB/KBs) Burpees



**MISFIT**  
ATHLETICS

**SCALING TOOLKIT**

**Distance Conversions**

Distance					
Row	Ski Erg	C2 Bike	AAB*	Run	Burpees
125m	125m	250m	.3K/.2K	125m	8
250m	250m	500m	.5/.4K	250m	15
500m	500m	1000m	1K/.8K	500m	25
750m	750m	1500m	1.5/1.3K	750m	40
1000m	1000m	2000m	2K/1.6K	1000m	50
2000m	2000m	4000m	4K/3.5K	2000m	100

*\*AAB will be faster than C2 Bike*

**Calorie Conversions**

Calories							
Row	Ski Erg	C2 Bike	AAB*	AAB**	Run	Double Unders	Burpees
10	10	10	8/5	15/8	150m	40	12
15	15	15	10/7	20/12	200m	60	15
20	20	20	12/9	25/15	250m	80	18
25	25	25	15/12	30/18	300m	100	21
30	30	30	20/15	35/22	400m	120	25
35	35	35	25/18	40/25	450m	140	28
40	40	40	30/22	45/28	500m	<b>MODIFY FOR MACHINE OR BURPEE</b>	32
45	45	45	35/26	50/32	550m		36
50	50	50	40/30	55/36	600m		40
75	75	75	55/42	80/50	800m		50
100	100	100	70/55	120/80	1000m		75
150	150	150	120/80	175/125	1600m		100

*\* = SUSTAIN Pace*  
*\*\* = SEND Pace*

Toes To Bar	Abmat/GHD Sit Ups V-Ups Planks L-Sits
Muscle Up (Ring or Bar)	Burpee Pull Ups Burpee Box Jumps Devils Press (1 or 2 DBs) Pull Ups Ring/Box/Bench Dips Strict Muscle Ups (considerably lower volume, for ex. 10 Ring Mus = 3-5 Strict Muscle Ups)
Pistol	Lunges Jumping Lunges Goblet Lunges Step Ups Step Overs Air Squats Jump Squats Goblet Squats
Handstand Walk	Handstand Hold Bear Crawl Overhead Barbell Carry Overhead Barbell Hold HSPU (3 HSPU for Every 10' of HS Walk) Push Ups Ring/Bench/Box Dips DB/KB Thrusters (1 or 2 DBs/KBs) DB/KB Push Press (1 or 2 DB/KBs) Burpees
Rope Climb	Pull Ups (Chin over bar, chest to bar, strict) Ring Rows DB/KB Rows SDLHP (Barbell or KB) Deadlift (DB/KB/Barbell)
Pull Up/Chest to Bar Pull Up	Ring Rows DB/KB Rows SDLHP (Barbell or KB) Deadlift (DB/KB/Barbell) Rope Climbs
Pegboard	Pull Ups (Chin over bar, chest to bar, strict) Ring Rows DB/KB Rows SDLHP (Barbell or KB) Deadlift (DB/KB/Barbell) Rope Climbs
GHD Sit Up	Toes to Bar Abmat Sit Ups V-Ups Planks L-Sits
Ring Dip	Push Ups Bench/Box Dips DB/KB Thrusters (1 or 2 DBs/KBs) DB/KB Push Press (1 or 2 DB/KBs) Burpees

