

Before we turn to the main workout routines, here is a list of change-out exercises that you can use to add variety to your clients' workouts. These exercises also give you options for meeting the multiple needs and goals of your clients, whether they involve fitness-level adaptations, musculoskeletal considerations, or improvements in movement ability. Change-out exercises provide a different stimulus to muscles, which may be necessary to enhance the musculoskeletal fitness of some clients or help them overcome a training plateau. These exercises also promote flexibility and creativity in designing resistance training. Effective workouts and resistance training programs change regularly in order to address the fitness status of each exerciser.

Exercise	Change-out exercise options
<b>Upper-body muscle hypertrophy exercises</b>	
Machine chest press	Barbell bench press; dumbbell bench press; chest fly
Seated machine shoulder press	Dumbbell shoulder press; barbell overhead press; dumbbell lateral raise movement
One-arm dumbbell row	Seated machine row; seated cable row; bent-over barbell row
Dumbbell pull-over	Cable straight-arm pull-down using rope or straight-bar attachment; latissimus dorsi pull-down; pull-up
Machine preacher curl	Barbell or dumbbell preacher curl; alternating dumbbell curl; hammer curl
Machine triceps extension	Rope or straight-bar press-down; overhead dumbbell extension; lying triceps extension with barbell or dumbbells
<b>Lower-body muscle hypertrophy exercises</b>	
Smith machine squat	Barbell front squat; barbell back squat; overhead squat; leg press; any other squat variation
Barbell good morning	Stiff-leg deadlift; hamstring-gluteal raise; hamstring curl; hyperextension; gluteal cable kickback; weighted gluteal bridge
Bulgarian lunge	Standard walking lunge; barbell lunge; leg press
One-leg extension	Leg extension with two feet; pistol; lunge; leg press
Lying one-leg hamstring curl	Seated leg curl; lying leg curl; reverse hamstring-gluteal raise; ball hamstring curl with one or two feet
Donkey calf raise	Seated calf raise; standing calf raise; high box jump or vertical jump (weighted or nonweighted); one-leg calf raise