

CELL WORKOUTS No10

<https://www.cell-workout.com/>

@cellworkout

@InsideTimeUK

www.insidetime.org

Cell Workout have kindly shared their in-cell exercises that have been published in InsideTime between 2016-2020. These resources may be helpful for residents during periods where they are unable to access the gym.

Swimmer

Target Muscle Groups

Primary: Erector Spinae,
Gluteals, Rhomboids

Secondary: Hamstrings,
Deltoids, Trapezius

Step 1: Lie on your front, with your legs extended behind you and feet together. Extend your arms out in front. Keep your eyes fixed on the floor and your neck and head in a neutral position. Engage your abdominals.

Step 2: Raise one arm and the opposite leg off the floor, at the same time raising your head and chest, maintaining contact with your hips on the floor.

Step 3: Continue the movement, alternating the opposite arm and leg.





Good Morning

Target Muscle Groups

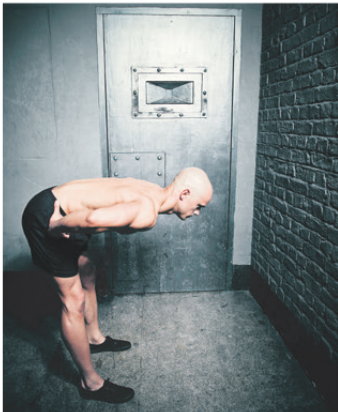
Primary: Erector Spinae

Secondary: Gluteals, Hamstrings

Step 1: Stand with your feet hip-width apart. Place your hands on your hips. Engage your abdominals, keep your neck aligned with your spine and look straight ahead.

Step 2: With a slight bend in your knees, bend forwards from the hips and lower your upper body until it is parallel to the floor.

Step 3: Continue the movement, slowly raising your upper body back to the start position.



Reverse Dorsal Raise With Double Leg

Target Muscle Groups

Primary: Erector Spinae, Gluteals

Secondary: Hamstrings

Step 1: Lie on your front, with your legs extended behind you and feet together. Place your hands directly under your head and palms flat on the floor. Rest your head on your hands.

Step 2: With your upper body in contact with the floor, slowly raise both legs up behind you, keeping the legs straight.

Step 3: Continue the movement, slowly lowering your legs back down to the start position.



Cobra

Target Muscle Groups

Primary: Erector Spinae, Rhomboids

Secondary: Triceps, Abdominals

Step 1: Lie on your front, with hands positioned by your chest and fingers facing forwards, palms flat on the floor. Maintain straight legs and keep your toes pointed. Engage your abdominals.

Step 2: Focus your eyes down as you push down through your arms to slowly raise your upper body until your arms are almost straight. Keep your hips and lower body fixed on the floor.

Step 3: Continue the movement, slowly lowering back down to the floor, lengthening the spine.



Mobility Training

Mobility is an indication of how well and efficiently we move and can even help us ward off injuries. Mobility exercises help prepare joints by stimulating the synovial membrane (connective tissue) to release synovial fluid (found in joints) into the synovial capsule (surrounding the joint).

This acts as a lubricant and helps absorb impact and aids movement at the joints during exercise. It will loosen and limber the joints. Mobility training is used as part of the warm up routine for most, but if you are part of the older generation of inmates, returning back from injury or a remedial this will act as a workout in itself.

Mobility Workout

Joint Rotations, Flexion or Extension

(3-4 minutes) 20 reps

- A. Fingers
- B. Wrists
- C. Elbows
- D. Shoulders
- E. Neck
- F. Trunk and Shoulder Blades 20 reps
- G. Hips 20 reps
- H. Knees 20 reps
- I. Ankles 20 reps
- J. Feet and Toes 20 reps

Warm-Up Activity

(5-7 minutes of marching, jogging, skipping, etc.)

Upper Body Mobility

(5 minutes) 10 reps each way

- A. Arm Swings / Circles / Side - Front Crossover
- B. Neck Movements / Flexion - Extension / Lateral Flexion / Rotation
- C. Trunk and Shoulder-Girdle Movements / Flexion - Extension / Lateral Flexion / Rotation

Fast Jogging (5 minutes)

Lower Body Mobility

(5 minutes) 15 reps each way

- A. Hip Movements / Circles / Twists
- B. Leg Swings / Flexion - Extension / Cross-Body Flexion Extension
- C. Ankle Bounces / Double Leg Bounce / Single Leg Bounce

Fast Jogging (5 minutes)

Cool Down

Shoulder Training

The muscles and joints of the shoulder allow it to move through a wide range of motion making it one of the most mobile joints in the human body, but also makes the shoulder extremely unstable, far more prone to dislocation and injury than other joints. The shoulder can abduct (move away), adduct (move towards), raise in front and behind the body and rotate in a full 360°.

The main muscle groups of the shoulder are the deltoids. They are the large, triangular muscles, which form the upper section of the arms. They can be divided further into three heads.

The best shoulder exercise is the overhead press, so if you're not hitting the dumbbell as much as you like, the bodyweight Pike Press exercise with progression to a Handstand Shoulder Press will do the trick.

Shoulder Workout

Warm Up

- 5 minute jog on the spot
- 5 minute mobilization exercises

Workout

- Hand Push 30 seconds
- 'I' Formation With Arms In Front 30 seconds
- Hand Grasp Pull 30 seconds
- Fast Hand Tap 30 seconds
- Pike Shoulder Press 30 seconds

Rest 60 seconds

Repeat 5 times

Cool Down

- 5 minute jog on the spot
- 5 minute static stretches

Training Guidelines

Intensity: Moderate - High

Set Duration: 30 seconds

Rest: 60 seconds rest after completing all 5 exercises

Frequency: 2 (per week)

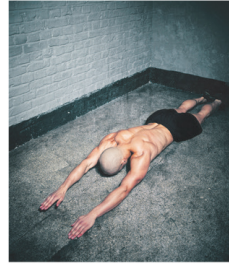
Method: Bodyweight Resistance Training.



'I' Formation With Arms In Front

Target Muscle Groups
Primary: Deltoids
Secondary: Trapezius, Rhomboids

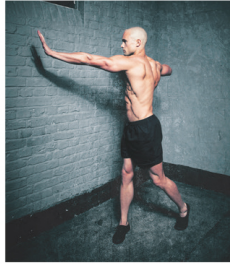
Step 1: Lie on your front with feet together and nose lightly touching the floor. Keep your head relaxed. Extend your arms straight up in front of your head, so that your body forms an 'I' formation.



Step 2: Looking down, keep your chest in contact with the floor and raise your arms off the ground, maintaining the 'I' formation.



Step 3: Continue the movement, slowly lowering your arms back down to the start position.



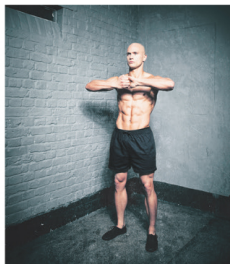
Hand Push

Target Muscle Groups
Primary: Deltoids, Pectorals
Secondary: Triceps, Abdominals

Step 1: Stand with your feet shoulder-width apart. Raise your hands out in front, at shoulder-height and held wider than your shoulders. Keep your arms slightly bent.

Step 2: Rotate at the hips and straighten one arm as you push your hand across your chest and out to the side, at shoulder-height. Lift up onto the toes of your back leg. This will help you reach further.

Step 3: Bring your hand back to return to the start position. Alternate on the other side.



Hand Grasp Pull

Target Muscle Groups
Primary: Deltoids
Secondary: Triceps, Biceps

Step 1: Stand with your feet hip-width apart. Clasp your hands in front of your chest with your elbows bent and level with your shoulders.

Step 2: Keeping your hands clasped, pull against each other as if you are trying to separate them.

Step 3: Continue the movement, holding the tension and then release.



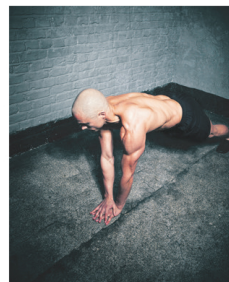
Fast Hand Tap

Target Muscle Groups
Primary: Deltoids
Secondary: Pectorals, Triceps

Step 1: Assume a standard full plank position, with your hands under your shoulders, feet hip-width apart and toes tucked under. Maintain a straight line from head to heels and look down at the floor.

Step 2: Engage your abdominals and keep your arms straight. Lift one hand and tap it down on top of your other hand.

Step 3: Continue the movement, returning back to the start position and alternating your hands. Gradually increase the speed.



Tip: For an easier version, perform this exercise on your knees.

Pike Shoulder Press

Target Muscle Groups
Primary: Deltoids, Trapezius
Secondary: Triceps, Abdominals

Step 1: Assume a standard press up position, with arms straight, slightly wider than shoulder-width apart and with your feet hip-width apart and toes tucked under. Raise your hips up high and lift on to your toes to form a pike position.

Step 2: Maintaining the pike position with your body, bend your elbows outwards to lower your head to the floor.

Step 3: Continue the movement, pressing back up to return to start position.

