

CELL WORKOUTS No.2

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

@cellworkout

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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.

James's Workout / 15 minute AMRAP (As Many Rounds As Possible)

Press Ups x 5 Reps



Butterfly Sit Ups x 10 Reps



Squats x 15 Reps



Workout - Deck of Pain

There is definitely no short cut with this popular workout routine amongst prisoners, as there tends to be a deck of cards handy.

Take a standard deck of 52 cards. Assign one of the exercises below (or one of their variations) to each of the four suits. So you could have something like:

Clubs Push-ups / **Spades** Pull-ups / **Diamonds** Squats / **Hearts** Hanging Leg Raises

Start drawing cards from the top. The suit tells you what exercise you're doing; the number tells you the reps. For Aces chose your rep count. So if you drew the 5 of diamonds you would do five squats; if you drew the king of clubs, you do ten push-ups. Draw the cards and perform the corresponding exercise and reps until all the cards have been drawn. Remember, life is like a card game; you can bluff, fold, or win big, it's all about how you play the game.

Dario's Workout

Flutter Kicks

30 seconds on, 15 seconds off till exhaustion.



Wall Sits

Till exhaustion



Increased Intensity Burpee Variation

30 seconds on, 15 seconds off till exhaustion.



4 Point Plyo Squat Jump

1 minute on, 1 minute off till exhaustion.



Lateral Press Up Variation

1 minute on, 1 minute off till exhaustion.



Gavin's Workout

Each exercise is a full body complex made from combining multiple individual movements/exercises into one flowing motion that challenges strength, balance and coordination. The exercises have been broken down into each individual step but should be performed fluidly as one, all steps combined is one rep, repeat for the full time to get as many complete reps as possible.

FULL BODY BURNER: 25 Minute AMRAP (as many rounds as possible) 5 reps of each of the 5 exercises, work your way down and back to the top, work continuously with as little rest as possible.

How many rounds did you complete?

1 Lateral burpee



2 Plank complex



3 Quad burnout



4 Full plank with knee to opposite elbow



5 Front loaded kick through



Kat's Workout

Handstand Push Up
5-10 Reps x 3-5 Sets



Handstand Hold
30-60 Seconds x 3-5 Sets



Handstand Push Up Against Wall
5 Reps x 10 Sets



Handstand Push Up
5-10 Reps x 3-5 Sets



Frog Stand Push Up
5-10 Reps x 3-5 Sets

