

CELL WORKOUTS No.3

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

@cellworkout



























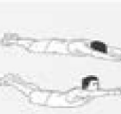

















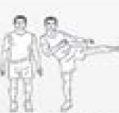
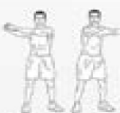



@InsideTimeUK

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.

Bodyweight Exercises

BY NEILA REY © neilarey.com

 abs	 quads	 glutes	 triceps	 biceps	 back	 chest
 sit-ups	 lunges	 squats	 close grip push-ups	 leg curls	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 chin-ups	 elbow lifts	 plank rotations
 bicycle crunches	 turning kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 star plank	 shoulder press
 leg raises	 plank jump-iris	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 full arch	 clapping push-ups

ROBYN'S WORKOUT

Round 1

Mountain Climbers - 20 seconds



Rest - 10 seconds

Split Squat Jumps - 20 seconds Repeat 4 times.



Round 2

Russian Twist Sit-Ups - 20 seconds



Rest - 10 seconds

Sit Down Jump-Ups - 20 seconds Repeat 4 times.



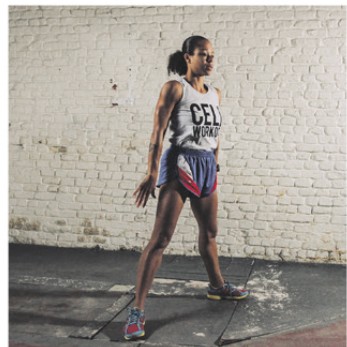
Round 3

Elbow to Knee Crunches - 20 seconds



Rest - 10 seconds

Squats - 20 seconds Repeat 4 times.



Photography by Tommy Banham & Federico Gangemi

SARAH'S WORKOUT

I start each running session with running drills, which often include some strength movements that are beneficial for most sports.

Warm up

1. 'A Skip' (high knees / arm drives) x 20 Each Side

This sprint drill is a skip with high knees. As you bring your leg down, finish with a slight pawing/scuffing motion as you pull backwards. Focus on initiating that pull from the glutes and the hamstrings. This will ingrain the backward pulling motion important for running propulsion into your muscle memory. Use the same arm motion during this drill as you use while running.



2. Squat thrust 10 reps x 4 sets

Kick or step your legs back into a plank position. Jump or step your legs forward to a squat position and then back to a plank position whilst keeping a stable core.



'Obsessed is just a word the lazy use to describe the dedicated'

Russell Warren (cricketer)

Photography by Tommy Banham & Federico Gangemi

3. Inchworm 10 reps x 4 sets Shoulder and core strength

Stand with feet shoulder width apart, then bend at the hips and touch the floor with your fingertips. Keep your legs straight but maintain a slight bend at the knees. Slowly crawl forward with your hands until you are in a plank position and then complete a push-up. Keep a flat back position where your upper back is in line with your hips and heels. Perform a press up then crawl your way back to starting position by following the same pathway and try to keep legs straight.



4. Hollow/dish hold 30 seconds x 4 sets Provides stability for other activities such as running and weightlifting

Lay on your back with your legs straight and your arms extended overhead. Lift your shoulders, arms, and legs off the floor. Keep your hands and heels as low to the ground as possible, while still pressing your lower back into the floor. Maintain tight abs and glutes. It's okay to bend your knees if straight legs are too challenging.



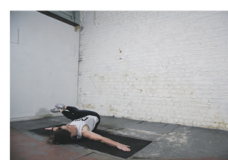
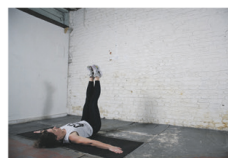
5. Jumping lunges 10 reps x 4 sets Leg plyometric movements increase your power, balance and speed, helping to improve performance in your sport of choice

Start with a standard forward lunge. Stand with your feet hip-width apart, then take a big step forward and lower until both knees are bent at a 90° angle. From this position, push explosively off the ground, switching the positions of your legs while airborne so that you land and can immediately drop into another lunge but with the opposite leg forwards.



6. Windscreen wipers 10 reps x 4 sets Core strength

Start by lying on your back with your arms out to the side and then lift your legs straight up - now lower your legs to one side and immediately return to the top position. Now lower your legs to the other side. This side-to-side motion is like windshield wipers tracking from 9 o'clock to 3 o'clock and back again.



TROY'S WORKOUT

WALKOUT PRESS UP WITH PLYO JUMP
60 seconds on
x 30 seconds off



SIT UP WITH ALTERNATING HEEL TAPS
60 seconds on
x 30 seconds off



PLANK UPS
60 seconds on
x 30 seconds off



SPLIT SQUAT JUMPS
60 seconds on
x 30 seconds off



CURTSY LUNGES
60 seconds on
x 30 seconds off



REPEAT 6 TIMES

Photography by Tommy Banham & Federico Gangemi