

**CELL WORKOUTS No.4**

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

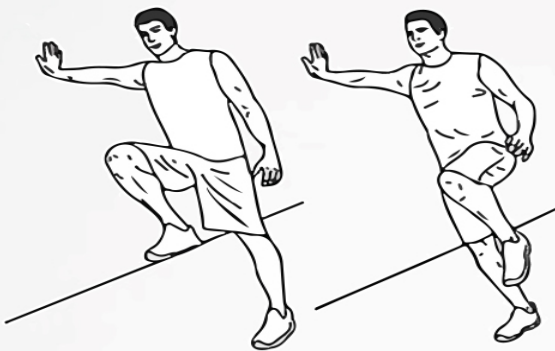
@cellworkout

@InsideTimeUK

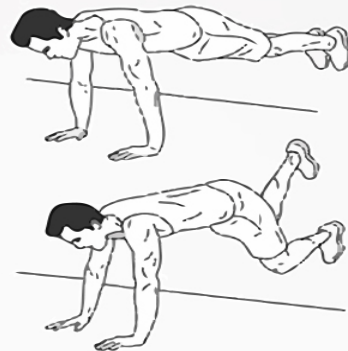
[www.insidetime.org](http://www.insidetime.org)

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.

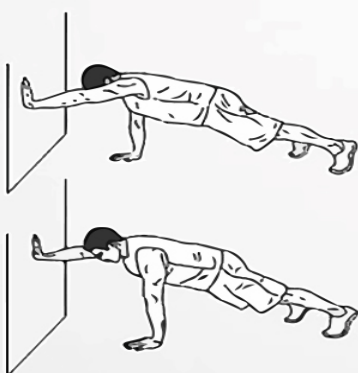
# wall {hugger}



40 lateral wall run



40 wall raised mountain climbers



30 plank wall-touches



45 sec wall sit



10 wall push-ups

**sets** level I 3 sets level II 5 sets level III 8 sets **rest between sets** up to 2 minutes

## ***The 10 to 1, no-rest method***

### ***How it works***

The circuit designed here doesn't let up. When you train any squat variation, plus the pull up and the dip, you work nearly every muscle in your body, and your heart will race to supply them with blood and oxygen. Perform all exercises and sets back to back -10 to 1- decreasing the number of reps after each set. This will help you keep the workout going even as you get fatigued. It'll also get you leaner, and build endurance.

### ***Directions***

Perform the exercises as a circuit, completing a set of each in turn and resting as little as possible between sets. Repeat for 10 circuits (until you're doing only one rep).

### ***The Workout***

1. Jump Squat -10 to 1- reps
2. Pull Up -10 to 1- reps
3. Dip -10 to 1- reps

## The Ground Game Method

This routine requires a lot of groundwork, with not a lot of space needed. Perfect for a cell actually... As you'll come to realise, they're not easy exercises - alter the reps and rest time to suit you. This workout will require a lot of work from your heart, lungs, and core. Perform the exercise pairs (marked A, B, C) as supersets, so you'll complete one set of A and then one set of B before resting for 30 seconds. Repeat until all sets are complete then move on to the next superset.



**1A - Spiderman Crawl:** Sets: 3 / Reps: Crawl to the end of the cell, then reverse / Rest: 0 seconds



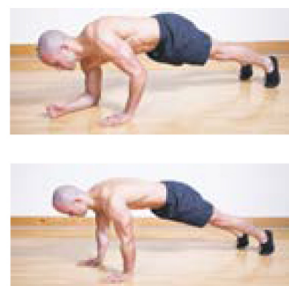
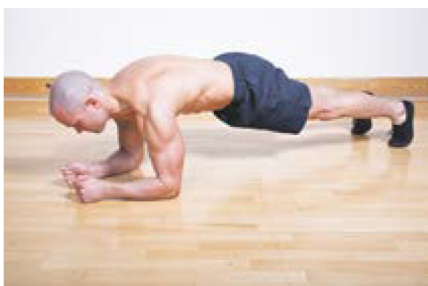
**2A - Toe-Touch Crunches:** Sets: 3 / Reps: 30 / Rest: 30 Seconds



**1B - Bear Walk Outs:** Sets: 3 / Reps: 30 / Rest: 0 seconds



**2B - Crab Tricep Dips:** Sets: 3 / Reps: 30 / Rest: 30 seconds



**1C - Plank Ups:** Sets: 3 / Reps: 30 / Rest: 0 seconds



**2C - Close Grip Press Ups:** Sets: 3 / Reps: 30 / Rest: 30 seconds



## 7 X 7 Workout

*How long can you stay in position for?*

Take the 7 exercises below and hold each one for 60 seconds. No rest in-between. Change the exercises to suit your level and remember to breathe!

1. Full Plank
2. Plank
3. Right Side Straight Arm Plank
4. Left Side Straight Arm Plank
5. Reverse Table Top Hold
6. Aeroplane Hold
7. Bent Arm Plank

