

CELL WORKOUTS No.5

<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.

Steel bars workout

Target your upper body using minimal equipment with these exercises.
How to do it:

Perform 6 sets of the first three moves with the following rep counts: 12, 10, 8, 6, 4, 2, 4, 6, 8, 10, 12 with a superset of 12 press-ups after each set: rest 30-60 secs between sets.

1) Classic pull-up

Grasp the bar with an overhand grip and retract your shoulder blades to pull up until your chin clears the bar.

2) Inverted row

With an overhand grip, keep your body straight and core tight as you pull your chest to the bar.

3) Classic chin-up

Now switch the focus from your back to your biceps by using an underhand grip for six sets of chin ups.

4) Classic press-up (superset exercise)

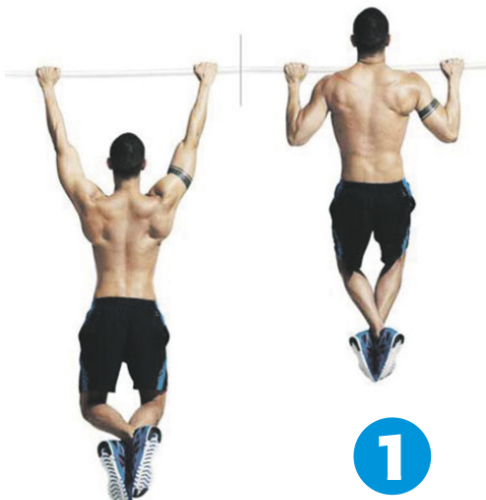
Hop off the bar and drop to the floor and superset with this exercise.



2



3



1



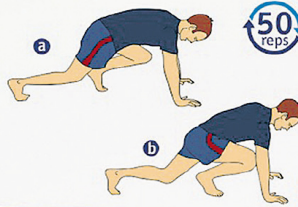
4

500 Bodyweight Workout Challenge

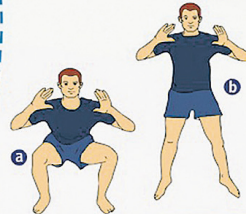
gb Personal Training
HEALTH, FITNESS & WELLBEING

Challenge Your Cardio, Increase Your Mobility, Shape Your Core, and Develop Your Strength.

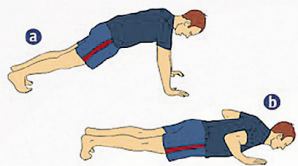
1 Fast Mountain Climbers



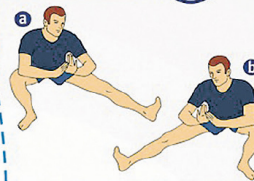
2 Jump Squats



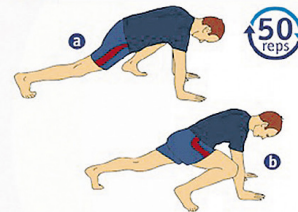
3 Push Ups



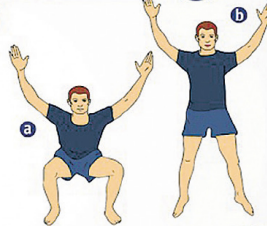
4 Cossacks



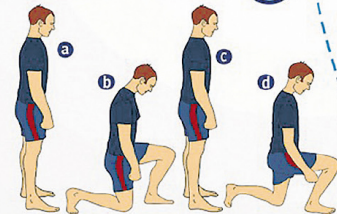
5 Slow Mountain Climbers



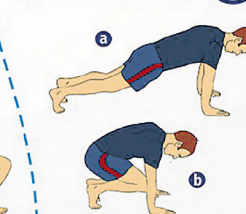
6 Y Squats



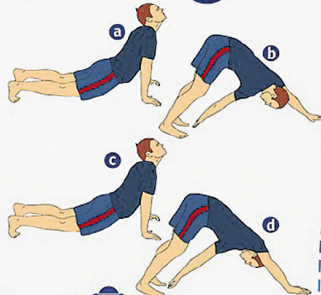
7 Forward Lunges



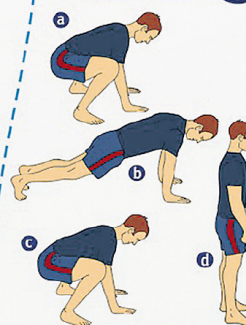
8 Squat Thrusts



9 Dirty Dogs



10 Burpees



Take your time, progress slowly and enjoy the workout.

'Get Off The Bunk Bed' workout

We all have those days. But sometimes, all you need to feel better is a little movement. So if you're feeling restless and like you want to move a little, without having to go all the way to the gym, take 10 minutes in your cell and do this instead.

The Workout:

1. Squats, 2. Full Plank Single Knee Tuck, 3. Lunges, 4. Vertical Toe Reach

Rest 30 seconds

5. Star Jumps, 6. Close Grip Press Ups, 7. Heel Taps, 8. Reverse Table Top

Perform each exercise for 30 seconds. Complete the workout 2-4 times.



Get Up, Get Down Workout

Warm Up

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

Workout

- 1 minute touching down with a mix of the body parts on the floor: Right hand, Left hand, Right elbow, Left elbow, Right shoulder, Left shoulder, Right knee, Left knee, Right side of body, Left side of body, Your front, Your back, Sit, Forehead (be careful).
- 30 seconds rest
- 5 sets (minimum)

Cool Down

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

Training Guidelines

Intensity: Moderate-High

Set Duration: 1 minute

Rest: 30 seconds

Frequency: 2-3 per week

Method: Bodyweight
Resistance Training.