

## **CELL WORKOUTS No.6**

<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.

### **Bodyweight Strength for Beginners**

#### **1 Squat**

*2 sets of 20 reps*

#### **2 Incline Press Up**

*3 sets of 10 reps*

#### **3 Glute Bridge**

*3 sets of 10 reps*

#### **4 Seated Knee Tucks**

*3 sets of 15 reps*

#### **5 Bench Dips**

*3 sets of 10 reps*

#### **6 Inverted Row**

*2 sets of 10 reps*

*30 seconds rest between  
each exercise*



### **Corpse pose (Savasana)**

This simple pose brings complete relaxation, with an awareness of your breath. It can be performed to give your muscles a rest and before sleep.

**Step 1:** Lie on your back. Allow your feet to fall outwards and place your arms by your sides, not too close to your body, with palms facing up.

**Step 2:** Relax your whole body, including the face so that your body feels heavy. Breathe naturally without forcing it.

**Step 3:** Inhale and hold your breath. At the same time stretch yourself out, so that your whole body is tense. Hold for a few seconds.

**Step 4:** Exhale and relax your body. When you are ready to come out of your relaxation, begin by breathing more deeply. Move your fingers and toes as you awaken your body.

**Step 5:** Bring your knees into your chest and roll over to one side, keeping your eyes closed.

**Step 6:** Slowly bring yourself up into a sitting position.

**Tips:** This is a resting pose, stay in the present and remain aware during your time of relaxation. As a variation, bend at the knees so your feet are flat to the floor, hip-width apart. Relax your knees inwards so they are touching.



### **Legs up the wall pose (Viparita Karani)**

This pose can help relieve aching feet, legs and lower back.

**Step 1:** Sit with one side against the wall. Lower your body down and turn so that you place your back on the floor and bring your legs up straight onto the wall.

**Step 2:** Shift your weight forwards until your glutes are close to the wall. Place your arms at your sides, palms facing up.

**Step 3:** Close your eyes. Breathe gently and remain aware.

**Step 4:** When you are ready to come out of your relaxation, slowly push yourself away from the wall and slide your legs down to the side. Use your hands to help press yourself up into a seated position.

**Tips:** It is important to feel comfortable and relaxed throughout the duration of the pose. Obtain medical advice if you suffer from high or low blood pressure or any other condition. If you have a sore neck, place a folded towel under it or pillow under your head. If your back is not comfortable adjust your body so that you are further away from the wall. To stretch your inner thighs and groin, let your legs fall outwards to form a 'V' shape.

### Abdominal workout

This develops core strength and the size and power of your abs from the top to the bottom. Again, start with stage one and increase the difficulty as you get stronger.



#### Stage 1

Lie on a mat, with your legs together, hands clasped behind your head. Lift your head and shoulders and hold. Then, tighten your abs and lift your legs. Lower to the start position. Do sets of 10 reps, then 7, then 5, then 3.



#### Stage 2

Perform the movement from stage 1, then, at the top of the position, bend your knees and pull them in to touch your elbows. Then straighten your legs and lower back to the starting position, flat on the mat. Do set/reps as before.



#### Stage 3

Perform the movement from stage 1, then, at the top, pull your knees in to touch your elbows - but, don't bend your legs. Much harder, right? Move your legs back to the start, then lower everything back to the mat. Do sets/reps as before.

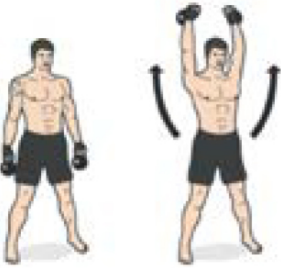
### The circuit

Perform these 3 exercises back-to-back, in sets of 10 reps, then 7 reps, then 5 reps, then 3 reps, each with no recovery time between each movement.



#### Press-ups

Perform the first set with your hands shoulder-width apart. For the next set, do it with your forefingers and thumbs forming a 'diamond' shape below your chest. For the third set, have your hands wider than shoulder-width apart. And for the final set, ball your fists and rest on your knuckles.



#### Shoulder flies or Pike Shoulder Press

Stand with your feet shoulder-width apart, holding an 8kg dumb bell in each hand, palms forward. Raise your arms through 180 degrees, maintaining your palm position, until your fists meet above your head. Lower to the start position. To increase difficulty, up the weight or stand on one leg.



#### Dips

Sit on the ground, legs straight in front of you, and grab the seat of a chair with your hands behind you (fingers pointing towards your body). Keep your back straight and push down on the chair to raise your backside off the floor until your arms are extended. Lower yourself until you are almost touching the floor. That's one rep.

### The Bridge

Gain back flexibility, a powerful neck and massive core strength. Only move on to the next level when you are confident of your strength, or you risk a neck injury.



#### Stage 1

Lie on a mat, with your feet on the ground, knees bent. Lift your hips off the mat. As you do this bring your hands to your ears, palms on the floor, fingers pointing to your feet. Do 10 reps, then 7 reps (counting 1 at the top), then 5 reps (counting to 3 at the top), then 3 reps (counting to 5 at the top).



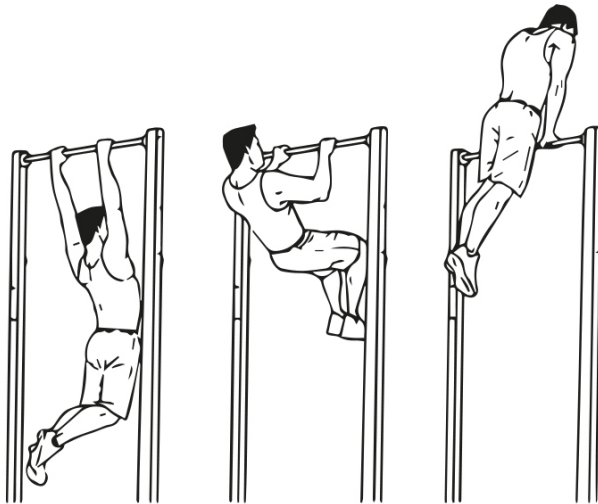
#### Stage 2

Push to the extended position from stage 1. Press through your hands, lift your shoulders off and allow your head to tilt back so the top of it rests on the floor. Push from your heels onto your toes. ALL your weight should go through your toes and hands, NOT your head. Follow the rep count as before.



#### Stage 3

As your flexibility increases, rest 90% of your body-weight on your hands, and allow your head to carry 10%. Slowly increase this session by session until you can carry more weight on your head than your hands. Rep count as before. Warning: do not rush or you risk damaging your neck.



## Muscle-Up progression workout

**Kipping Pull-Up**  
8-12 reps

**Straight Bar Dip**  
10-15 reps

**Jump Muscle-Up**  
10-12 reps

**Head Banger Pull-Up**  
6-10 reps

**2- 4 sets**

**2-3 minutes rest per set**

### Achieve the Muscle-Up

The muscle-up is one of the most difficult bar exercises that takes a ton of strength and practice to master. In concept, a perfectly executed muscle-up may not look all that difficult to master, but the grip and the movements often prove a bit unnatural for anyone trying for the first time. Basically, a muscle-up is transitioning your body from pull-up to dip in one fluid movement. You should have good core and upper body strength to achieve this goal. The muscle-up is an advanced exercise so make sure you warm all up muscle groups properly and rotate the shoulder joint to release the synovial fluid to lubricate and reduce friction before attempting this workout. Lower or raise your reps to suit your ability.

#### Kipping Pull-Up

Start from a dead hang, gripping the bar with your palms forward. Keep your core very tight. Push your chest forward, in front of the bar. Use your core to pull back through so your body is behind the bar. As you move into this position, pull down on the bar with your arms and lift your knees. Now, coordination and timing become important. As you finish pulling your knees up, "pop" your hips into an open position as you continue to pull on the bar. The timing of arm pull/knees up/hips open will drive you up to the bar. Once your chin is over the bar, push yourself down and away from the bar to swing back underneath and set up for the next kip. Once you feel the rhythm of the upswing and return, you should be able to string together many kipping pull-ups in a row.

#### Straight Bar Dips

The straight bar dip is performed with both hands on a single straight bar positioned in front of the body. Your grip should be within a few inches of the width of your hips, though you can experiment

with wider or closer hand positions. Like a bench press, close grip tend to be more difficult. When you dip on a straight bar, your body must move around the bar. As you lower yourself down, you'll need to lean over the bar and reach your legs out in front a bit to keep balance. This causes further abdominal activation while demanding more from the shoulders and traps. Don't let your shoulders shrug as you lower yourself down, and pay attention that your arms don't flare out to the sides. Your elbows should point behind you at the bottom of the rep. Just like parallel dips, make sure you get all the way down when you dip on a straight bar. You should aim to touch your chest to the bar and achieve the same 90-degree angle outside of your elbows at the bottom of each rep.

#### Jump Muscle-Up

The muscle-up begins with the arms extended above the head, gripping a hold in the overhand pull-up position. The Jump Muscle Up, with your feet on the ground or on a Plyo Box, semi squat down the explosively jump up.

The body is then explosively pulled up by the arms, with greater speed than a regular pull-up. When the bar approaches the upper chest, the wrists are swiftly flexed to bring the forearms above the bar. The body is leaned forwards and the elbows are straightened by activating the triceps. The routine is considered complete when the bar is at the level of the waist and the arms are fully straight. To dismount, the body is lowered to the floor, and the exercise can be repeated.

#### Head Banger Pull-Ups

Head banger pull ups are an unusual exercise that does wonders for your biceps. It will help you develop your strength and endurance. Before you go to the head banger pull ups, be sure you can perform 10 flawless chin ups. Grip the bar as if you are about to do the chin up because the chin up grip will work your biceps the most. Pull yourself up until your arms form a 90 degree angle. Holding this position swing your body back and forward as if you want to bang your forehead on the bar. The key is to do the exercise in an explosive manner.