

CELL WORKOUTS No7

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

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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.

HIGHLANDER

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump knee-tucks



10 wide grip push-ups



10 plank into lunges



20 plank leg raises



20 side plank rotations



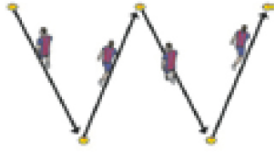
10 plank arm raises



10 up and down planks

Lionel Messi Workout

Argentina is mostly a catholic country, but football is their true religion, and they LOVE Messi. So I thought I would write a workout that delves into the technical training and moves (without a ball), that makes him the world's greatest footballer. Hopefully this will help in your performance next time you have a game with the officers. For obvious reasons, some of these exercises need to be performed outside in the yard, or gym hall.



For explosive pace 'W' run

10 breaths. Lay 5 cones in a W shape, 10 metres across the top, and 5 metres deep. Start on the furthest left point, jog backwards to the second point, sprint to the third, jog backwards to fourth and sprint away to the right point. Wait 20 secs, then reverse.



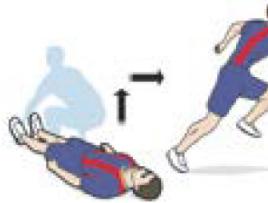
For explosive pace Dead leg run

Set 8 hurdles or cones in a straight line, with the final one 5m out from the end. Run down the cones, lifting one leg high over each. Use a good 90-degree arm drive and push your knee high. Sprint out to the last cone, repeat with opposite leg.



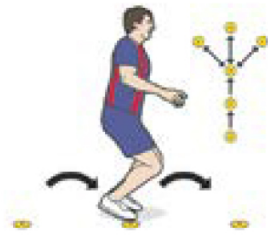
For ultra-agility Horizontal hops

Set out 6 cones: 3 in a straight line, at a hopping distance; then from the end, one at 9 o'clock, one at 12, one at 3, all 5m away. Hop to each cone, then sprint out to one of the final cones. Walk back and alternate the hopping leg. Do 3 sets of 8 reps.



For ultra-agility Get-ups

This is great for leg drive. Lie on the floor (always alternate position: back, side, front, etc) count to 5, then get up as quickly as possible, then sprint 5m. Perform 3 sets of 8. This trains total-body coordination.



For ultra-agility Two-footed bounds

Lay out cones the same as the horizontal hops exercise, but instead of hopping, bound with two legs over the first 3, then sprint and swerve through the 9, 12 and 3 o'clock cones and back to the start. Perform 3 sets of 4.



For superior balance Backward lunge with side flexion

Start with feet shoulder-width apart, knees bent and core tensed. Step back into a deep lunge with right leg, extend your right arm overhead and side flex. Push back to the start with left leg. Do 8 reps of 6 each side.



For superior balance Alphabet drill

To get superior glutes, balance on your left leg. Extend your right leg in front and draw the alphabet, then repeat on the other side, maintaining posture and balance the whole time. Repeat on other leg.



For superior balance Shelf stacker

Builds core stability. Reach and lunge down with both hands to the outside of your right ankle, explode from there in a diagonal movement across the body, as if putting something from the floor onto a shelf. Do 15 reps on each side.

Cell Workout by LJ Flanders



A bodyweight training guide designed for use in a prison cell.

This 234 page

book will guide you with step-by-step instructions performing 204 exercises, with photographs and sample workouts. The exercises are suitable for any age, ability and fitness level and offers progression for everyone.

Price: £16.99

ISBN: 9781473656017

Publisher: Hodder & Stoughton

www.cell-workout.com

Tabata

This month we will be looking at the Tabata training method, a variation of High-Intensity Interval Training 'HIIT'.

The study that went into the Tabata training method, was authored by Izumi Tabata. He found that 4-minute workouts, consisting of 20

seconds of intense exercise followed by 10 seconds recovery repeated 8 times, for 5 days a week for a 6 week period improves VO2 max* and anaerobic capacity*.

The shorter the workout, the more intense it will be. During the 20 seconds you have to work at full capacity. With lactic acid building up and your lungs searching for

air, the four-minute program is more demanding than other cardio programs.

Tabata has an 'afterburn effect' known as EPOC*, which will continue to burn calories up to 12 hours after the workout. Simply put: The more intense the exercise, the more oxygen your body consumes after and the more calories burned.

Warm Up

5 minute jog on the spot
5 minute mobilisation exercises

Tabata Workout

20 sec: sprint on the spot
10 sec: rest

20 sec: sprint on the spot
10 sec: rest

20 sec: sprint on the spot
10 sec: rest

20 sec: sprint on the spot
10 sec: rest

20 sec: sprint on the spot
10 sec: rest

20 sec: sprint on the spot
10 sec: rest

20 sec: sprint on the spot
10 sec: rest

20 sec: sprint on the spot
10 sec: rest

Cool Down

5 minute jog on the spot
5 minute static stretches

Workout duration: 24 mins



Sprint on the spot

Target Muscle Groups

Primary: Quadriceps, Gluteals, Hamstrings

Secondary: Gastrocnemius, Soleus, Deltoids, Biceps

Step 1: Stand with your feet hip-width apart and arms by your sides. Keep your back straight and head up.

Step 2: Begin by running on the spot, then gradually increase your speed until you are sprinting. Pump your arms as fast as you can and lift your knees up to your chest, high and fast. Keep your abdominals engaged.

Step 3: Continue this movement.

Benefits

- Burn more calories
- Burn them for longer
- Increase fitness levels
- Increase muscle mass

Training Guidelines

Intensity: Vigorous 91-100% MHR*

Set Duration: 20 seconds

Rest Between Sets: 10 sec

Workout Duration: 4 mins

Frequency: 5 days per week

Method: Sprint

Key

VO2 max: volume of oxygen consumed while exercising at your maximum capacity.

Anaerobic capacity: total amount of energy from the anaerobic (without oxygen) energy systems.

EPOC: Excess Post-Exercise Oxygen Consumption.

MHR: Maximum Heart Rate.

Cell Workout info

ISBN: 978-0993248009

Price: £19.99

234 pages - 8 x 10 inches

204 exercises with colour photographs

10 week workout programme

www.cell-workout.com

"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand." Albert Einstein

Squats

This month I wanted to focus on Squats. If you are looking for a powerful way to boost your overall fitness and get some fast results, then this is the exercise for you. Squats are a good compound* exercise that trains all leg muscles (quadriceps, hamstrings, glutes, calves) and also promotes muscle building and toning.

Squatting is one of the

body's most functional movements*, for example picking something up from the floor. As we age, with years of inactivity, sitting (slouching), bad posture, bad flexibility and bad form, our bodies may forget what should come naturally. As a result we tend to lift from the lower back instead of the legs, which can lead to injury.

If you suffer from limited mobility* this can cause a reduction in how low you

can squat. Having a daily stretching routine will help increase your R.O.M*.

Squats trigger hormone production in the body, partly due to the multiple muscle groups being worked. This is vital for muscle growth and will improve muscle mass in men and help tone for women. Ultimately you will improve in strength in both your upper and lower body.

Prisoner Squat Workout

The aim of this workout is to perform as many bodyweight prisoner squats (well titled) as you can in 60 seconds. You can reach anything up to 60 squats in that time if you work fast. This is going to improve your muscular endurance, but be prepared for the lactic acid* build up that follows. During your rest break be sure to stay loose.

We want to focus on speed with this squat workout with the aim of having a greater cardiovascular demand with the muscles becoming oxygen depleted.

If the full prisoner squat is too hard, or you can't lower that far into the squat you can perform a standard bodyweight squat, or squat onto a chair.

Warm Up

5 minute jog on the spot
5 minute mobilisation exercises

Workout

60 seconds: Prisoner Squats
60 seconds: Rest
60 seconds: Prisoner Squats
60 seconds: Rest
60 seconds: Prisoner Squats
60 seconds: Rest
60 seconds: Prisoner Squats
60 seconds: Rest
60 seconds: Prisoner Squats
60 seconds: Rest

Cool Down

5 minute jog on the spot
5 minute static stretches

Workout total duration:
30 minutes

Note: I have recommended 5 sets, but if you are new to exercise and find it too taxing then reduce the sets. Similarly if you feel like you can do more then increase the sets.



Primary target muscle groups: Quadriceps, Gluteals, Hamstrings
Secondary target muscle groups: Adductors

Step 1: Stand with your feet wider than shoulder-width apart, point your toes slightly outward and keep them aligned with your knees. Place your hands behind your head. Pull your elbows and shoulders back.

Step 2: Maintain a straight back and engage your abdominals. Hinge your hips back and lower your upper body down, until your thighs are level with your knees, parallel to the floor.

Step 3: Continue the movement, slowly raising back up to the start position, keeping your weight evenly distributed between both feet as you do so and abdominals engaged throughout.

Tip: Taking the squat further down will place more emphasis on your hamstrings and glutes.

Benefits

- Improved hip mobility
- Improved ankle mobility
- Stronger, healthier spine
- Stronger, more resilient knees
- Maintain mobility and balance
- Prevent injuries
- Boost your sports performance, ie jump higher and run faster

Training Guidelines

Intensity: Moderate - High
Set Duration: 60 seconds
Rest Between Sets: 60 secs
Sets: 5
Total Workout Duration: 10 mins
Frequency (per week): 3-4
Method: Compound Squats

Key

USP: Unique Selling Point

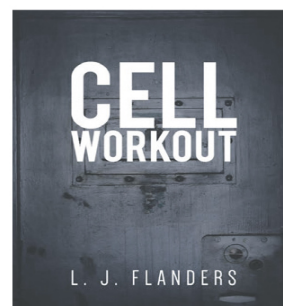
Compound exercise: Multi joint exercise.

Functional movement: Train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports.

Mobility: The ability to move or be moved freely and easily.

R.O.M: Range of Movement.

Lactic acid: During intense exercise, there may not be enough oxygen available to complete the process, so a substance called lactate is made.



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