

## CELL WORKOUTS No8

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

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@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.

## Plank Training

If you want a great abdominal workout, look no further than the Plank. It can be as easy or as hard as you want to make it. The Plank is an isometric core strength exercise that involves maintaining a position, similar to a press up for the desired amount of time.

The most common plank is the front plank, which is held with your body in a near horizontal position by your forearms, elbows and toes taking the body's weight.

Although mainly a core exercise, it is also a full body exercise putting emphasis on your arms, shoulders and glutes as well as your core.

The workout is aimed for every level of fitness with varying duration time of each plank. Perform all 3 plank variations back to back for the desired amount of time before resting for 30 seconds. People tend to aim for how long they hold a plank, but not the quality. You need to focus on the contraction of the abdominals through the static exercise, whilst keeping a regular breathing pattern.

Performed 2-3 times a week you will be on your way to rock hard abs, whatever your ability. Good luck.



### Cell Workout info

ISBN: 978-0993248009

Price: £19.99

234 pages - 8 x 10 inches  
204 exercises with colour photographs  
10 week programme

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### Plank Workout

#### Warm Up

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

#### Workout

A1: Plank

A2: Full Plank

A3: Full Plank With Single Knee Tuck

Rest: 30 seconds

A1: Plank

A2: Full Plank

A3: Full Plank With Single Knee Tuck

Rest: 30 seconds

A1: Plank

A2: Full Plank

A3: Full Plank With Single Knee Tuck

Rest: 30 seconds

A1: Plank

A2: Full Plank

A3: Full Plank With Single Knee Tuck

Rest: 30 seconds

A1: Plank

A2: Full Plank

A3: Full Plank With Single Knee Tuck

Rest: 30 seconds

#### Cool Down

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

#### Training Guidelines

Intensity: Moderate - High

Duration: Beginner 30 seconds

Intermediate: 45 seconds

Advanced: 60 seconds

Rest Between Sets: 30 seconds

Frequency: (per week): 2-3

Method: Isometric training



### **Plank**

#### **Target Muscle Groups**

**Primary:** Abdominals, Erector Spinae

**Secondary:** Deltoids, Triceps

**Step 1:** face down on the floor, with your legs extended behind you hip-width apart, with your toes tucked under. Rest on your forearms and elbows, to form a plank.

**Step 2:** Engage your abdominals. Maintain proper alignment with your body, forming a straight line from your head to heels.

**Step 3:** Continue the movement, holding the position for the desired length of time, keeping your body parallel to the ground. Release the tension slowly.

**Tips:** When performing any plank exercise, maintain a straight line without lifting your hips excessively towards the ceiling or letting them sag. Use the strength from your entire core, particularly the abdominals, to hold a steady position.



### **Full Plank**

#### **Target Muscle Groups**

**Primary:** Abdominals, Erector Spinae

**Secondary:** Deltoids, Triceps

**Step 1:** Assume the plank position. Place your hands directly under your shoulders, with your arms straight to form a full plank.

**Step 2:** Engage your abdominals. Maintain proper alignment with your body, forming a straight line from your head to heels.

**Step 3:** Continue the movement, holding the position for the desired length of time. Release the tension slowly.



### **Full Plank With Single Knee Tuck**

#### **Target Muscle Groups**

**Primary:** Abdominals, Erector Spinae

**Secondary:** Deltoids, Triceps, Quadriceps

**Step 1:** Lie face down on the floor, with your legs extended behind you hip-width apart, with your toes tucked under. Place your hands directly under your shoulders, arms straight, to form a full plank.

**Step 2:** Maintain proper alignment with your body, forming a straight line from your head to heels. Engage your abdominals as you bring one knee in towards your chest.

**Step 3:** Continue the movement, returning the leg back to the start position and alternate using the other knee.

## Pre-Exhaust Superset Workout

This month I will be covering the training principle 'superset' and referring back to it in coming months with variants of the superset. A superset is when one set of an exercise is completed followed by a different exercise directly after with little or no rest between them. Once each superset is completed then you have a rest break.

The variation covered this

month is pre-exhaust supersets. Pre-exhaust, as the name implies, is pre-fatiguing or pre-tiring a certain muscle of a body part. Using the following workout as an example, performing Dips which is an isolation or 'single-joint' exercise first, then followed by Press Ups, immediately after which are a compound or 'multiple-joint' exercise. The tricep muscles will be working twice as hard

on the compound exercise as you have pre-exhausted the triceps on the isolation exercise, which will ensure muscle fatigue while more muscle fibres are hit. This will offset the body's ability to adapt to a certain exercise stimulus and will see yourself break through any plateaus you may have come across.

This method can be applied to any muscle group, so these guidelines will help you write your own workouts.

### Warm Up

5 minute jog on the spot  
5 minute mobilisation exercises

### Workout

A1. Dips  
A2. Press Ups  
60 seconds: Rest  
A1. Dips  
A2. Press Ups  
60 seconds: Rest  
A1. Dips  
A2. Press Ups  
60 seconds: Rest  
A1. Dips  
A2. Press Ups  
60 seconds: Rest  
A1. Dips  
A2. Press Ups  
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.*



### Press Up

Primary target muscle groups: Pectorals  
Secondary target muscle groups: Triceps, Deltoids

**Step 1:** Start on the floor in a downward facing position, with your hands placed slightly wider than shoulder-width apart, fingers facing forwards and spread wide. Extend your legs straight behind you with your feet at hip-width apart, toes tucked under.

**Step 2:** With eyes looking down, slowly bend your elbows, pointing them outwards, as you lower your body towards the floor. Keep your body in a straight line throughout the movement.

**Step 3:** Continue the movement, pressing through your hands, straightening your elbows, to return to the start position.

*Tip: To make the exercise harder, place your feet closer together; to make it Easier, place them wider than hip-width.*

### Training Guidelines

Intensity: Moderate - High  
Reps: Beginner 8+, Intermediate 10+,  
Advanced 15+  
Sets: 5  
Rest Between Sets: 60 seconds  
Workout Duration: 15 minutes  
Frequency (per week): 3  
Method: Pre- Exhaust Superset



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# CrossFit Training

CrossFit, the fitness program, has grown in popularity over recent years in the UK. Developed in the US back in 2000, it has evolved into high level competitions known as 'The Games', held annually and there are over 13,000 affiliated gyms around the world.

CrossFit offers the drive for any person in search of self-improvement. If an individual is not quite at an

Olympic level in a specific area or sport, but still has the capability when pushed, it offers the same sense of emotion and achievement.

CrossFit itself is a strength and conditioning fitness program that promotes overall physical fitness focusing on cardio endurance, power, flexibility, speed, agility and balance. There can be a mix of Olympic weightlifting, Plyometrics, Powerlifting, Gymnastics, Strongman... and of course Bodyweight training.

The Benchmark CrossFit

Workouts are titled WOD (Workout Of the Day) and are performed to score or rank to encourage competition and to track individual progress.

There are many CrossFit Workouts to choose from, and some include equipment, but here I have selected the 5 Workouts, which only include bodyweight exercises.

If you are not able to get access to a Pull Up bar, I have included a slight variation on the Pull Up exercise, Back Pull. CrossFit really is for every man and woman, so choose your WOD and get started!

## Angie

Complete all reps of each exercise before moving to the next

- 100 Pull Ups
- 100 Press Ups
- 100 Sit Ups
- 100 Squats

## Barbara

5 rounds for quickest time

- 20 Pull Ups
- 30 Press Ups
- 40 Sit Ups
- 50 Squats

## Chelsea

30 minute EMOM

- 5 Pull Ups
- 10 Press Ups
- 15 Squats

## Cindy

20 minute AMRAP

- 5 Pull Ups
- 10 Press Ups
- 15 Squats

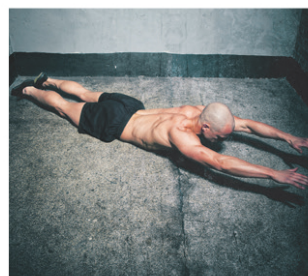
## Mary

20 minute AMRAP

- 5 Handstand Press Ups
- 10 Single Legged Squats
- 15 Pull Ups

## Cool Down

5 minute jog on the spot  
5 minute static stretches



## Back Pull

Primary target muscle groups: Erector Spinae, Rhomboids, Latissimus Dorsi  
Secondary target muscle groups: Deltoids

**Step 1:** Lie on your front, with your legs extended straight behind you and your arms extended straight in front. Engage your abdominals and keep your neck and head in a neutral position.

**Step 2:** Slowly raise your arms, head and chest off the floor, maintaining contact with your hips on the floor. Bend your elbows and pull your arms down, pulling your shoulders back and down.

**Step 3:** Continue the movement, releasing your arms and extend them to back above your head. Slowly lower your chest and arms back down to the start position.

## Key

**WOD** (Workout Of the Day)  
**AMRAP** (As Many Reps As Possible)  
**EMOM** (Each Minute On the Minute)



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