

CELL WORKOUTS No9

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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.

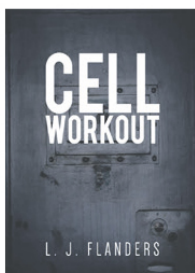
Side Plank Training

Following on from last months Plank training article, I wanted to focus this month on the Side Plank and three variations.

Where the Plank focused mainly on the abdominals, the Side Plank focuses on the obliques, the muscles that are located on the sides of the midsection of the abdomen. Training this muscle will strengthen the core and also plays an important role in averting back pain.

The Side Plank can be as easy or as hard as you want to make it. It is an isometric core strength exercise that involves maintaining a position for the desired amount of time. The workout below is aimed for every level of fitness with varying duration time of each Side Plank. Perform all 3 Plank variations back to back for the desired amount of time before resting for 30 seconds.

So if you want to see a notable difference, perform 2-3 times a week and if you wanted to take the exercise up a notch from the isometric exercises described below, you can raise and lower the hips to increase the burn!



Cell Workout info

ISBN: 978-0993248009

Price: £19.99

234 pages - 8 x 10 inches

204 exercises with colour photographs

10 week programme

www.cell-workout.com

Side Plank Workout

Warm Up

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

Workout

A1: Side Plank

A2: Full Side Plank

A3: Full Side Plank With Leg Lift

Rest: 30 seconds

A1: Side Plank

A2: Full Side Plank

A3: Full Side Plank With Leg Lift

Rest: 30 seconds

A1: Side Plank

A2: Full Side Plank

A3: Full Side Plank With Leg Lift

Rest: 30 seconds

A1: Side Plank

A2: Full Side Plank

A3: Full Side Plank With Leg Lift

Rest: 30 seconds

A1: Side Plank

A2: Full Side Plank

A3: Full Side Plank With Leg Lift

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



Side Plank

Target Muscle Groups

Primary: Obliques

Secondary: Abdominals, Deltoids

Step 1: Lie on your side, with your legs straight and feet together. Rest on the forearm of your lower arm, with your elbow directly under your shoulder and your other arm by your side.

Step 2: Engage your abdominals and look straight ahead. Maintain a straight line with your head, neck and body. Push down through your forearm and feet, to raise your hips off the floor and your legs are straight.

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



Full Side Plank

Target Muscle Groups

Primary: Obliques

Secondary: Abdominals, Deltoids, Triceps

Step 1: Lie on your side with your legs straight and feet together. Straighten your lower arm, with your hand directly under your shoulder and rest your other arm by your side.

Step 2: Engage your abdominals. Maintain a straight line with your head, neck and body as you push down through your lower hand and feet, to raise your body up until your legs are straight.

Step 3: Continue the movement, holding the position for the desired length of time. Release the tension slowly. Repeat, then alternate sides.



Full Side Plank with Leg Lift

Target Muscle Groups

Primary: Obliques

Secondary: Abdominals, Deltoids, Triceps, Quadriceps

Step 1: Assume a full side plank with straight arm position.

Step 2: Maintain a straight line with your head, neck and body, as you push down through your arm and feet, to lift your body up until your arms and legs are straight.

Step 3: Lift the upper leg up inline with your hips, keeping the rest of your body still.

Step 4: Continue the movement, holding the position for the desired length of time. Release the tension slowly. Repeat, then alternate sides.

Shadow Boxing Training

When many people think of boxing they think of two people punching each other in a ring. Like most sports, performed by an expert, it is an artform.

The term shadow boxing comes from a training method that boxers (or anybody) use where they pretend to box their shadow on a wall,

although more commonly they use a mirror. It is a popular exercise for fighters and fitness personnel to hone their technique, condition their muscles, warm up/cool down, or even for mental preparation.

Performed correctly with the right goals in mind, shadow boxing can improve your

boxing technique, muscular strength, speed & power, cardio & muscular endurance, rhythm, footwork, offence and defence and overall fighting ability and a full body workout.

Shadow boxing is simple, cost effective, no equipment required, can be performed anywhere and is a risk free form of boxing, so give it a go, working to your own ability.

Set a goal

Improving in shadow boxing would be the first goal but to break it down a bit here are a few things to think about:

Technique: working on a particular movement? a certain punch? A defensive move? Go slow, take your time and check your form in the mirror. Repetition is important, to perfect your technique.

Co-ordination: instead of trying to force a movement, try to find a way for your body to allow a movement to feel natural. Being able to perform a move perfectly doesn't necessarily mean you can perform it naturally.

Rhythm: sometimes a singular movement feels good while performing, but lacks the flow when combined with other moves. Try 3-4 punches, 3-4 slips or bob & weave, 3-4 steps at a slow-down pace to help you find a more natural rhythm.

Strategy: shadow boxing as a great way to work on a key strategic movements. in the ring and with the right mindset is a great way of developing new strategies to beat opponents and then develop new habits to fulfil your training goal.

Regular practice

15-30 minutes a day shadow boxing is regular enough to see an improvement in your chosen

area. A pro would spend anything up to 1 hour a day shadow boxing. Performing straight through, with no rest. Keep your body moving throughout. If you're getting tired then slow it down.

Think

During your training, stay alert. Remind yourself what your goals are. Work on the area you are looking to improve in, maybe speed or strategy? Focus on it, one thing at a time.

Feedback

One reason for training in the gym, is that someone else can check your form, but use the mirror and see if you can find areas for improvement. If something feels difficult or not right, you're probably doing it wrong.

To give you an idea what its like to train as a boxer, below is a taster workout.

Shadow Boxing Workout

Warm Up

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

Workout

- 15-30 minutes shadow boxing

Cool Down

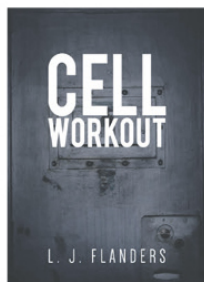
- 5 minute jog on the spot
- 5 minute static stretches

Lower Back Training

Everyone wants the wide Lats and thick traps, but what about the lower back? The posterior chain (Erector Spinae, Glutes, Hamstrings) plays a big part in our day to day mobility and athletic performance.

If you're looking to hit your personal best on a deadlift and not cause an injury, how can you do that without prior training of the lower back? How can you get a solid 6 pack without training your core (Abdominals, Obliques, Erector Spinae) equally.

So overlook no more! Follow the 4 bodyweight exercises (right) to help protect and strengthen your spine and keep your body aligned.



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Lower Back Workout

Warm Up

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

Workout

- Good Morning x 3 sets
- Cobra x 3 sets
- Reverse Dorsal Raise With Double Leg x 3 sets
- Swimmer x 3 sets

Note: I have recommended 3 sets of each exercise, 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.

Training Guidelines

Intensity: Low - Moderate

Reps: Beginner 8

Intermediate: 10

Advanced: 15+

Rest Between Sets: 30 seconds

Frequency (per week): 2

Method: Bodyweight Resistance Training