



HM Prison &
Probation Service

Northamptonshire Healthcare **NHS**
NHS Foundation Trust

HMP In Cell - Exercise booklet



Lower body workout



Squats

2 sets

10 reps

20 second rest

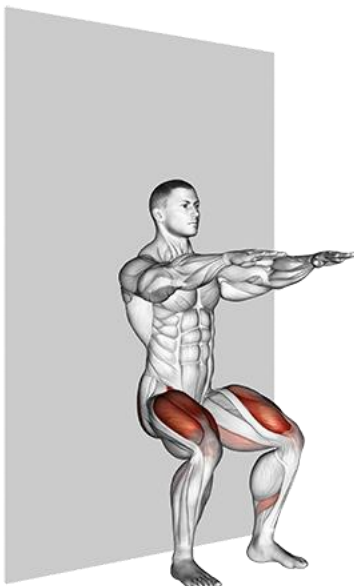


Lunges without weights

2 sets

8 per side

20 second rest



Wall sit

1 set

30 seconds (increase by 10 seconds on weekly basis)

20 second rest

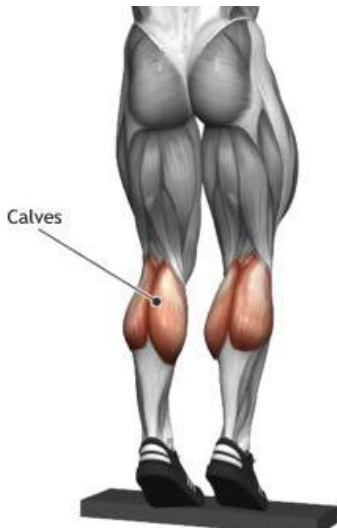


Climbers exercise

2 sets

8 per side

20 second rest



Calf Raise

2 sets

10 reps

20 second rest

Upper body workouts



Push ups

2 sets

9 reps

20 second rest



Bench dips

2 sets

10 reps

20 second rest

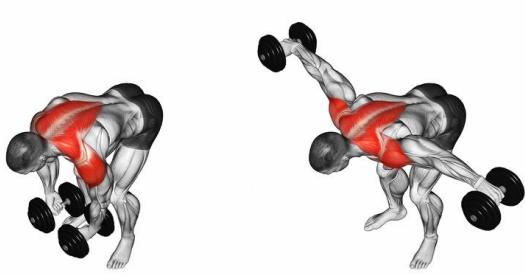


Water bottle lateral raises (use water bottle instead of weights)

2 sets

10 reps

20 second rest



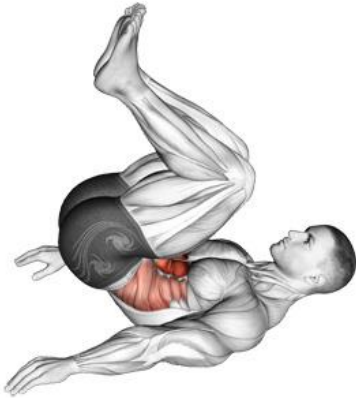
Water bottle reverse flys (use water bottle instead of weights)

3 sets

10 reps

20 second rest

Abs and Core workout



Reverse crunches

2 sets

10 reps

20 second rest

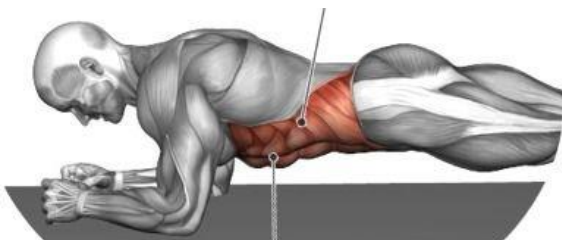


Crunches

3 sets

10 reps

20 seconds

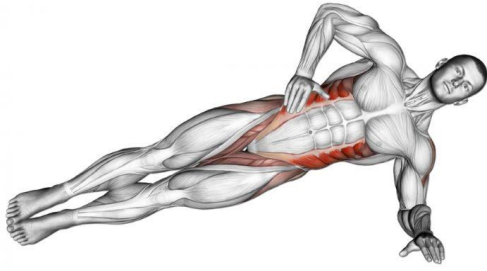


Plank hold

2 sets

20 seconds hold

20 second rest



Side plank hold

2 sets on each side

20 second hold

20 second rest

Cardio



High knees

8 sets

30 seconds

20 second rest



Run/ Jog on the spot

8 minutes