

# Cell Workout

## Get the body you want Inside & Out



LJ Flanders

### Workshop Family Day

I've just come to the end of a six-month delivery period in HMP Wandsworth working with 150 men in total. I'm delighted (and quite proud) to say that the workshops have been oversubscribed (eg 200 of 285 men on A wing applied). The physical results on their before and after body MOTs show that an intensive two-week course works with most people recording increased muscle mass, reduced fat and improved lung capacity.

People in prison are always looking for something relevant, some way of making their time more purposeful and this pilot scheme ticks all the boxes. After all, I created this course with what I would have wanted for myself and what I would have found helpful.

The Workshop has been very well received by officers and inmates alike and hopefully I can bridge the gap between the two. For the first few weeks it felt surreal to carry keys, but then I quickly settled into my new role. But I always feel grateful when leaving the prison gates at the end of the day and I hope the people I work with will do the same and have the tools and set up not to return.

*"....there's hope for us all, keep up the good work L.J."*

Workshop student, E wing, Wandsworth

And what better way to wrap up with a celebratory family day. A few selected inmates had the chance to invite family/ friends for a workout session (each taking the lead for 5 minutes showing some exercises they have learned), few words of contribution during the ceremony and the chance to workout alongside, interact, eat from a buffet and have professional photographs taken with their loved ones (and me!). I would have done anything to spend time like this with my family during my sentence. Which is why I brought them along to see it all in action!

I will now be spending the summer doing a thorough evaluation of the Workshop and work out how to expand my programme. I can see a need for this in prisons around the country, men's, women's and YOIs, with its unique take on mentoring, working alongside prison staff.



### Tom Hardy - Warrior Workout

So it seems the actor Tom Hardy is a fan! Top marks for donning the vest with his 99 Flake. Hardy is renowned for the characters he plays and the physical shape he needs to be in. Searching for an exercise regime, I came across a routine he followed whilst in training for the MMA based film "Warrior". All bodyweight training, and again can be performed in your cell. See below for the Abdominal Workout, Circuit and Back Bridge progression.

#### 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.

### J. BENSON SOLICITORS

**We will go the extra mile for you!!**

**A success rate to be proud of!!**

- Independent Adjudications
- Parole Board Hearings (Oral & Paper)
- Lifer/IPP Specialist
- Recalls
- Sentence Calculation
- Judicial Review
- Appeals - Conviction and/or Sentence
- Magistrate/Crown Court Representation
- Confiscation Cases

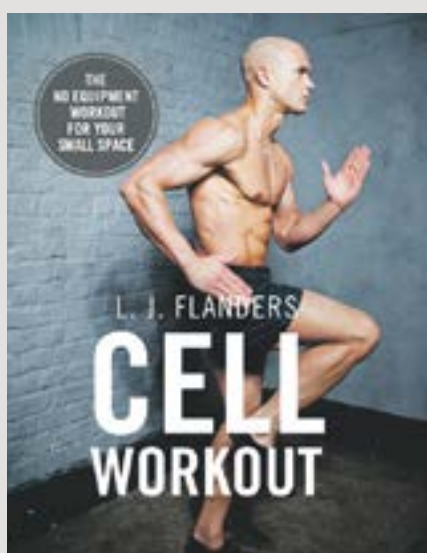
**plus Family Law & Immigration matters**

Fixed fee services for areas of Prison Law not covered by Legal Aid. Please contact:

Juliet or Nilufar on: **0207 625 4300**

Portuguese, Italian and Bengali also spoken

**J. Benson Solicitors Ltd**  
**270 Kilburn High Road**  
**London NW6 2BY**  
**24 hour Emergency 07956 817783**  
**NATIONWIDE SERVICE**



#### 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](http://www.cell-workout.com)



# Cell Workout by LJ



Abidan Raphael (Abz) and Ryan Herbert, both currently residing at HMP Warren Hill (WH), recently proposed and had approved a fitness regime for residents that would be delivered via WH's local segment on WAYOUT TV, a national information based prison TV channel.

The regime consists of a 12 week programme. The programme is supported by;

- a calendar showing the days specific body sections are worked;
- a coaching points booklet including diagrams ;
- a set of eight workouts, 2 for each body section, to be completed and started again every two weeks.

The style of training used is body weight Tabatas i.e. high intensity interval training 20 sec on 10 sec off, using only bodyweight.

The body sections covered are split into;

**Lower body: Legs.**  
**Core: Trunk.**  
**Upper body: Arms, chest and upper back.**  
**Cardio/fitness: Heart and lungs, full body.**

The interest in the initiative was immense and after holding a focus group aimed at social inclusion for residents, their name 'Drenched fitness' and 'logo' were born.

Off the back of the success from

the video workouts and keen for further development they proposed the idea of being given a slot in the gymnasium where they could hold Drenched fitness classes. The proposal was received well and with the support of the gym staff they were given Friday afternoons.

The men began to work on lesson plans as preparation for their new classes and as a result of strategizing on their delivery; they came to the conclusion that in order to deliver sufficiently, including demonstrations and giving coaching points, they would need to grow the team. They also saw this as a way of creating opportunity for others. At this point they recruited Vito Elise who had been working with them previously giving demonstrations at the focus groups and helping them with the setting up of equipment for video shoots.

Consequently, the Drenched team began to deliver workouts every Friday to residents. The uptake for the sessions was encouraging and inspiring to say the least and all the feedback suggested that there was definitely a longing for this type of session.

In an effort to keep the momentum going and stay fresh, different and interesting the team approached one of the governors, on one of their preparation trips to the business hub. They proposed that they would like to make contact with LJ Flanders who had created the brand 'Cell workout' with a view to inviting

him into the prison to share the story of his come up with the residents at WH but also to experience what they were doing. Their proposal was again met with positivity and the Governor made efforts to contact LJ Flanders via email/Twitter.

On the 27th September 2019 LJ Flanders attended WH. He spent the whole day there holding three sessions, two for residents and one for staff. Additionally, Abz and Ryan took LJ through one of their workouts and treated him to lunch at the WH barista.

The men commented that face to face feedback from LJ was extremely positive. And once LJ left WH he continued to post positive feedback via Instagram and Twitter.

Abz and Ryan continue to stay motivated and are constantly thinking of ways to develop and take the initiative further. They are currently waiting for t-shirts displaying their logo. These are t-shirts that they will wear in order to advertise and promote their healthy living campaign but also that they will hand out to residents who complete specific milestones in their training programmes.

The week commencing the 30th September 2019 Abz and Ryan took part in an interview for the WH magazine; the interview delves into their motivations, vision, fitness background and qualifications.

Currently they are working on growing the team thus providing opportunity for others to show case their talent. They envision having a team of Drenched fitness instructors who deliver their workouts via the WAYOUT TV channel and Drenched fitness classes inside the WH gymnasium.

## Meet Ryan and Abz and hear their personal stories

### Ryan

“ Hello everyone I am Ryan, following my sentencing in 2008; I began my mission a mission to become a better person. I started attending the gym adopting the motto; a healthy body, a healthy mind. As expected the gym worked wonders for my mental health and well being. I started working in the gym, and if it would have been possible, I would have moved my mattress down and slept there. Although I was spending a lot of my time in the gym I had no idea of the how's and why's of the human body. Instead, as juveniles we were more interested in who had the strongest bench press. As I got a bit older and started thinking about fitness as a career opportunity I knew I needed to gain an understanding of how best to help others achieve their fitness targets. I enrolled on the prison run gym instructors course and went one step further and completed a Personal Fitness Trainers diploma through distance learning. Once I gained a better understanding of how it all works I became able to achieve better results and help those who asked for advice. The point at which it all fell into place was when I met Abz on the recent gym course. ”

### Abz!

“ So I'm Abz, for me training has always been associated with jail. I learned to train in jail,

learned about gym in jail and basically everything I know about health, fitness, training and exercise has come from jail but now I'm ready to take it to the streets.

I first entered a gym in 1994 at the age of 15 since then I have accumulated approx. 20yrs in the gym. I've done it the jail way i.e. bench press, bench press and more bench press with a dash of arms, I moved on to power lifting competitions getting big lifts in the squat, bench and deadlift and at 21 would have been the British powerlifting champion for my age and weight if my ROTL had not been turned down to attend (done my lifts in the prison, with the gym staff, beating the British champion).

I was released from prison shortly after this and did not train again until 6 years later by this time training had changed. I was still lifting heavy weight but now there was also a focus on circuit training. By now I had started taking qualifications which began to give me a broad knowledge of the body, training and the fitness industry.

After stints with Insanity, P90X and CrossFit Tabatas are currently where I'm at when it comes to maintaining health and fitness and ultimately looking and feeling good.

Me and Ryan have put together one of our 20min tabata style workouts it consists of 20 secs work 10 secs rest, 4mins cardio, 4mins upper body, 4mins lower body and 4mins core. Repeat the exercises twice through. Try it and see how you get on, but be warned get permission from your GP to undertake vigorous exercise this is not for the faint hearted! ”

**A little slogan we like to end sessions with;**  
***Nothing tastes as good as fitness feels!***





# Cell Workout

## Get the body you want Inside & Out

So first month in. How did you find the Tabata workout? Bet you couldn't believe how you felt after 4 minutes of intense training!

Last month I was invited back to HMP Brixton by National Prison Radio to feature on their show (Past, Present, Future).

I was asked to pick 6 songs that related to my life before, during and after prison. Listening to those songs again really got me thinking about how I felt during my sentence from the initial shock of going to prison, being inside when life wasn't looking very bright and to how I now look towards the future with optimism.

I know that in prison it's difficult to imagine what the future holds. There can be a lot of stresses to cope with, but the one thing that definitely helped lessen the load is exercise.

Even performing a simple 15 minute cardio workout, just take note how you feel in yourself afterwards, compared with how you felt before, then throughout the day and before you go to bed. I'm pretty sure you will feel that bit more uplifted and energised.

For the radio show it was a pleasure to be interviewed by one of the inmates in Brixton, with some big ambitions. He is looking to finish his PT course inside, so he can specialise in boxing with his clients as well as taking his boxing career to at least semi pro level. As a trainer it helps to have this sort of USP\* as a PT, as it differentiates you from the rest. I was very pleased to be asked if I would sponsor his shorts for his first fight.

He reminded me of how I felt when inside and the plans I had. The turning point for me was enrolling onto the Level 2 Gym Instructor and

Level 3 Personal Trainer courses. Suddenly I had a focus and a purpose.

But you have to be determined and prepared to study out of the 30 prisoners who started on my course, only 4 finished. There were exceptions, with prisoners getting shipped out, but generally either couldn't be bothered, didn't make free flow to class or didn't do the course work. It wasn't like I was brighter than anyone else in the class, but I was determined and I applied myself. I had a passion for my subject and wanted to learn which obviously helped.

*“The best advice I could give anyone is to spend your time working on whatever you are passionate about in life”*

Richard Branson

Think about what really interests you and see what opportunities there are and make the most of them. It might be hard to look beyond your sentence right now and feel that your conviction will hold you back with job opportunities. The manager at Virgin Active, who I told about my conviction, said “who am I not to give someone a second chance” and I was offered the job two weeks after release.

I wanted to say a big thanks to everyone who works at National Prison Radio. They do a great job bringing you a wide variety of shows and help train inmates in radio production, a skill they can take on the out. I'm not sure when (Past, Present, Future) is scheduled for broadcast, but hope you catch it and enjoy the tunes.

Keep your exercise questions coming in!

L. J.

## 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

### 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.

#### 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.*

### 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

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.

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.



**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.*

### Key

**USP:** Unique Selling Point.

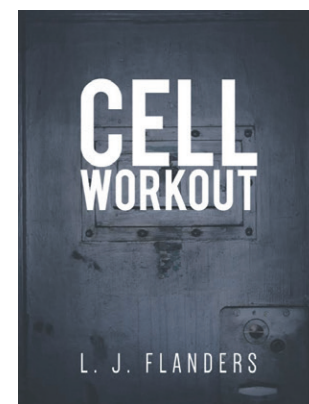
**Compound exercise:** Multi joint exercise.

**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.



**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](http://www.cell-workout.com)

**carringtons**  
SOLICITORS

The National Prison Law Specialists

For immediate **FREE** advice call us local rate on **08454 750 650**



Member of the  
Association of  
Prison Lawyers

[www.carringtons-solicitors.co.uk](http://www.carringtons-solicitors.co.uk)



# Cell Workout

## Get the body you want Inside & Out

My name is L J Flanders, author of Cell Workout. Welcome to my monthly fitness column for Inside Time.

It's an honour to be asked to be part of the newspaper and especially knowing I can help inmates keep fit and healthy on the inside.

Being a former prisoner myself, I know how vital fitness is in prison, for the physical and mental benefits it can bring.

I'm hoping to interest readers who are already into their fitness and want to improve their knowledge and also encourage those who don't normally exercise to start.

On a recent trip to HMP Nottingham the librarian told me about a prisoner (who had never trained before) who was coming to the library regularly to rent out Cell Workout as he was following the 10 week program I wrote.

She told me of his aches, pains and muscle soreness, but also how determined he was to complete the program and the new positive outlook he had since he began exercising.

This is just one of the many stories that makes the 3 years it took me to finish the book worthwhile.

I was 21 when I went away to Pentonville. During the early days on remand, being

banged up, sometimes up to 22hrs a day, limited access to the gym, away from family and friends, court proceedings pending, things going on outside of prison that is out of your control can all have a negative impact on you mentally.

I found the one thing that helped me cope was training in my cell.

After scouring the prison library for resources to help me learn how to train in my cell using only bodyweight exercises and finding nothing suitable, this is what gave me the idea to write my book, knowing that other people are in the same position.

Cell Workout covers everything you need to keep physically fit in prison and caters for all ages and abilities. This is the book I needed during my time, so I hope it can help you during yours.

I'm looking forward to answering any useful fitness questions you may have over the coming months, please address them to Cell Workout at Inside Time.

Also, If you think Cell Workout is a valuable resource and would like to see it available on the canteen sheet please write in with your support.

I look forward to hearing from you.

Straightforward advice  
from professional solicitors

Canter Levin & Berg  
Solicitors

## Inside & Out We're on your side



Canter Levin & Berg are specialists in Criminal Defence & Prison Law, we're here to help you while you are in prison.

- Adjudication
- Licence Recall
- Parole Hearings
- Re-categorisation
- All Prison Law Issues
- Court of Appeal Cases
- Confiscations and Proceeds of Crime Act Hearings
- Lifer Reviews
- IPP and EPP
- Hearings & Reviews
- HDC/ROTL

We also offer legal services for you and your family:  
Contact with children, Care proceedings or Divorce.

Call Us On  
**08000 223 133**  
www.canter-law.co.uk

Or write to us:

## 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](http://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




BARTFIELDS



0 1 2 3 4 5

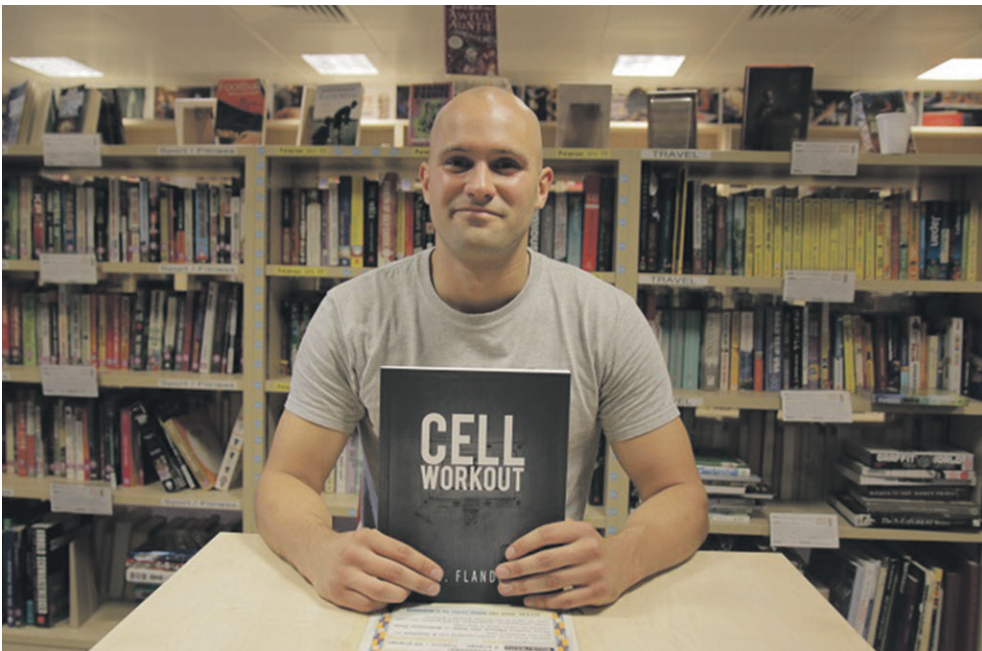


MATRIX LEGAL SERVICES



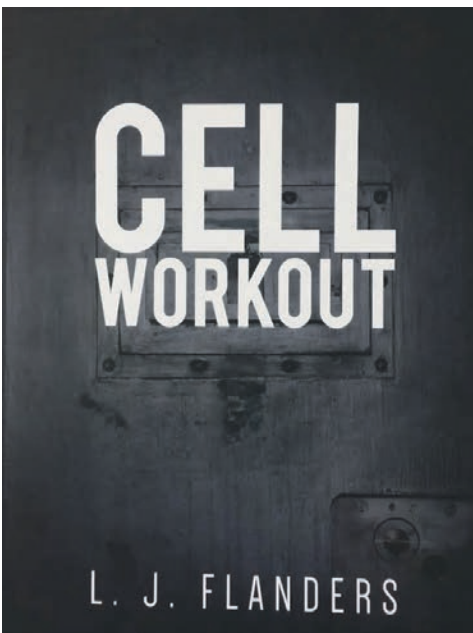
www.matrixlegalservices.co.uk





# Cell Workout

## an interview with the author



**L** J Flanders was sitting in his cell in HMP Pentonville when he had a light bulb moment. He was going to write a book to help people get fit. Three years on, that dream has become a reality and copies of Cell Workout are flying off Amazon's virtual bookshelves.

On a sunny Saturday in August, the author went back inside but this time he walked through the staff entrance to HMP Thameside and was escorted to the library, where he addressed a group of 15 prisoners about how he reached his goals, both physically and professionally. L J wanted to start with something active to break the ice: "When I first arrived, I thought I'd take them through my training programme to get everyone engaged so I did a 10 minute workout. I really pushed them, it is High Intensity Training, burpees etc, a few of them were really knackered so I knew it was definitely working" he says.

He then told them about how he ended up in prison, and encouraged the group to use education to help them gain qualifications like he did, he says it was a course he studied, as well as practice in the gym that helped him come up with a business model. He said: "I had the idea, the concept for the book in prison, I thought when you're in 22 hour bang up, there's a definite need for this. The Cell Workout offers body weight training in a confined space. I used my imagination to start putting it together inside, I couldn't find anything I was looking for in the library, so I had to bide my time until I got out and could use the internet for research. Once I had the exercises, I wanted to break it down into muscle groups, I wanted it to be educational and help people learn how to train towards what they want to achieve."



L J began working towards a career in fitness after studying a personal training course offered by City and Guilds, which gave him the qualifications he needed to get a job at Virgin Active after he was released, "If I hadn't had taken on that course I never would have got a job, written the book or set up my own business."

But whilst he was motivated on his career goals, he explained the difficulties of staying focused and leading a normal life after leaving prison. He says: "The main thing is the distractions, in jail you can't do anything for yourself and when you come out you have to do everything, but I stuck at it. I haven't stopped since I got out because when I was in there I was climbing the walls, but hard work pays off. I said to them I've been where you're

standing now. We can relate to one another." I said "You may not write a book, do fitness or set up a business, but make the most out of your time in jail and achieve something. I told them about the interview I went to with Virgin Active, when I disclosed my conviction and the manager said he would take a chance on me. I worked there for two years as a personal trainer and worked round the clock to finish my book off when I didn't have clients."

Since publishing the book earlier this year, L J hasn't looked back. He says: "I'm really enjoying my fitness career and I'm still learning about running my own business, how many books to buy, cost of printing per copy, how to promote it etc. I'm currently looking forward to the future working on Volumes 2 and 3 and releasing my own sportswear range. I hope all my hard work will pay off."

His self-study exercise book is aimed to help people get fit on their own and was written with prisoners in mind but can be used by anyone. Written in simple, plain English, with pictures on every page and a glossy finish, L J says visuals were important because as he is dyslexic he finds it easier to read that way, "I catered for myself and wrote it so it could appeal to everyone, I didn't want it to be too scientific. I designed the logo, the front cover, I drew everything and gave it to a graphic designer to replicate the visuals."

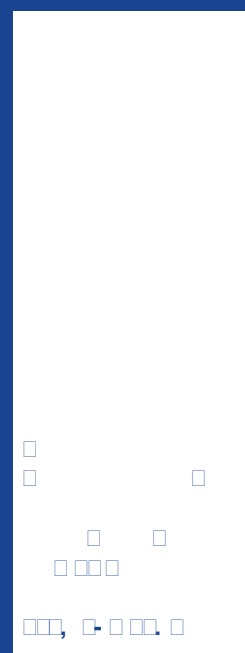
L J adds: "I want to give a massive thank you to the librarian Neil Barclay, he has been so supportive, he's helped get my book on the canteen sheet and brought me in for a visit and he also deserves a big thanks for what he has done in the library at Thameside, and for everyone in prison."

L J is currently working with the prison service to get the book approved so it can be available across prisons but if readers would like a copy now, family members and friends can buy it online from Amazon or they can visit: [www.cell-workout.com](http://www.cell-workout.com)

If you would like advice or funding to study a distance learning course or tell us about your experiences of prison education - write to FREEPOST Prisoners' Education Trust (PET) or call 0203 752 5680.



0 1 0  
0 1 2  
3



### CARE PROCEEDINGS

WE SPECIALISE IN  
ACTING FOR PARENTS  
*Ring us to arrange a visit*

**GLP Solicitors**  
20a Lakeland Court  
Middleton  
Manchester  
M24 5QJ

**0161 653 6295**



# Cell Workout

## Get the body you want Inside & Out

**LJ Flanders**

**A reason to get up in the morning**

Swimmer Michael Phelps is the most decorated Olympian of all time. After London 2012, having won 22 medals over 3 Olympics, he announced his retirement.

In 2014 he was arrested for driving under the influence.

So what went wrong? Up until this time he had dedicated his

life to training, dieting and self-discipline. Maybe for the first time he didn't have the same purpose and structure.

He explained "I was in a really dark place. He realised he needed help and chose to try and get better. He went into rehab and soon after he got back into the pool. From there he started training again to get ready for Rio 2016. His determination kicked in and aged 31, he competed in what would be his final Olympics, and won another 6 medals.

We might not win any medals but starting the day with exercise will definitely energise and put you in a positive frame of mind to achieve something.

Having a purpose means that we keep trying, that we have a reason to get up in the morning.

L. J.

*"The mystery of human existence lies not in just staying alive, but in finding something to live for." Fyodor Dostoyevsky*

### 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.



**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](http://www.cell-workout.com)

### 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



**Good Morning**  
**Target Muscle Groups**  
**Primary:** Erector Spinae  
**Secondary:** Gluteals, Hamstrings

**Step 1:** Stand with your feet hip-width apart. Place your hands on your hips. Engage your abdominals, keep your neck aligned with your spine and look straight ahead.

**Step 2:** With a slight bend in your knees, bend forwards from the hips and lower your upper body until it is parallel to the floor.

**Step 3:** Continue the movement, slowly raising your upper body back to the start position.



**Reverse Dorsal Raise With Double Leg**  
**Target Muscle Groups**  
**Primary:** Erector Spinae, Gluteals  
**Secondary:** Hamstrings

**Step 1:** Lie on your front, with your legs extended behind you and feet together. Place your hands directly under your head and palms flat on the floor. Rest your head on your hands.

**Step 2:** With your upper body in contact with the floor, slowly raise both legs up behind you, keeping the legs straight.

**Step 3:** Continue the movement, slowly lowering your legs back down to the start position.

**Cobra**  
**Target Muscle Groups**  
**Primary:** Erector Spinae, Rhomboids  
**Secondary:** Triceps, Abdominals

**Step 1:** Lie on your front, with hands positioned by your chest and fingers facing forwards, palms flat on the floor. Maintain straight legs and keep your toes pointed. Engage your abdominals.

**Step 2:** Focus your eyes down as you push down through your arms to slowly raise your upper body until your arms are almost straight. Keep your hips and lower body fixed on the floor.

**Step 3:** Continue the movement, slowly lowering back down to the floor, lengthening the spine.



**Swimmer**  
**Target Muscle Groups**  
**Primary:** Erector Spinae, Gluteals, Rhomboids  
**Secondary:** Hamstrings, Deltoids, Trapezius

**Step 1:** Lie on your front, with your legs extended behind you and feet together. Extend your arms out in front. Keep your eyes fixed on the floor and your neck and head in a neutral position. Engage your abdominals.

**Step 2:** Raise one arm and the opposite leg off the floor, at the same time raising your head and chest, maintaining contact with your hips on the floor.

**Step 3:** Continue the movement, alternating the opposite arm and leg.



## Turn to emmersons solicitors

137a Back High Street, Gosforth  
Newcastle NE3 4ET  
**0191 284 6989**

52 John Street, Sunderland SR1 1QN  
**0191 567 6667**

**0800 193 0146**  
[emmersons-solicitors.co.uk](http://emmersons-solicitors.co.uk)

Registered with EMAP

## Why use emmersons solicitors?

- Expert Prison Law Team shortlisted for the Northern Law Awards for their success in helping prisoners.
- Michael Robinson, John Griffith (ex of Purdons Solicitors) and Clark Robinson have acted for thousands of clients in your position.
- Excellent track record in POCA/Forfeiture cases.

Don't waste your next opportunity before the Parole Board CONTACT EMMERSONS NOW and let us get on with preparing your case in good time.

**Parole Hearings • Adjudications • Recalls**

Members of the Association of Prison Lawyers



# Cell Workout

## Get the body you want Inside & Out

If you can't fly, then run,  
if you can't run, then walk,  
if you can't walk, then crawl,  
but whatever you do,  
you have to keep moving forward.

Martin Luther King Jr

On 24th April at 9am people will be taking to the streets for the London Marathon 2016. Each person will be running for their own personal reasons – maybe to face a new challenge, get fit, raise money and awareness for a charity, step out of a comfort zone, make new friends, sense of accomplishment or inspire others.

But a marathon isn't only defined as a long distance running race, it can be any long lasting difficult task, which could be a prison sentence. Imagine trying to run a marathon without any practice or preparation. In prison you also need to be physically fit and mentally in a good place no matter how long the sentence. It's a test of endurance not a sprint.

We can all find excuses not to do things in life, but we should take inspiration from British astronaut Tim Peake, who is running the marathon on the International Space Station, while orbiting the Earth at 400km. Strapped to a treadmill, he will be able to follow the streets of London on an iPad. This really shows there are no excuses, in a cell or in space, anyone can do it!

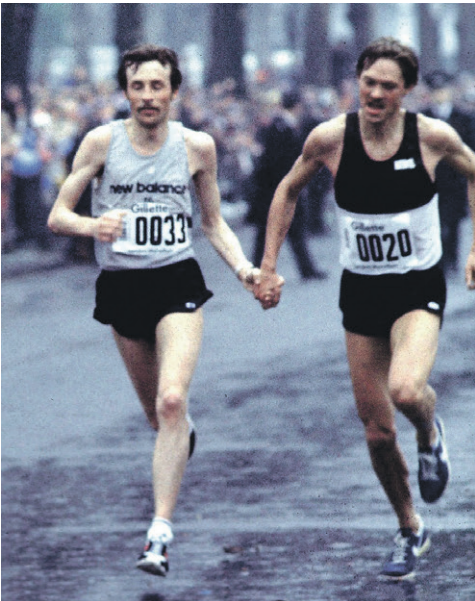


The charity he supports is The Prince's Trust, who I turned to when I was starting up the Cell Workout business. They help young people get into jobs, education and training, with invaluable business advice and guidance.

I didn't make the ballot this year, but I plan to run for the Samaritans next year, which do such an important job for people in prison and on the out, providing support to anyone in emotional distress and struggling to cope.

I wasn't a listener during my time, but knew people who were. They do an amazing job to help those feeling up against it in prison, (although sometimes called upon for a burn).

So what would be your reason for running the marathon and who would you support? Why not start training to run your own marathon or even give it a go on the day, following the action on your TV? Whether you run, jog, march, walk on the spot, or a combination, it's



Dick Beardsley and Inge Simonsen crossing the finish line hand in hand at the first London Marathon in 1981, a gesture which has come to symbolise the spirit of the event. The three victors were followed across the finish line, by 6,252 other runners (out of 7,747), many attempting the marathon distance for the first time. As Beardsley famously said afterwards: "What does it matter who wins anyway? As far I'm concerned anyone who finished this thing is a winner" - a sentiment that stands today.

not too late to get involved. The marathon is 26.2 miles in distance, which is 1,660,032 inches. An average stride being 30 inches, it takes 55,334 steps to go the distance. Good luck!

Hope you heard the radio show 'Check Up' on National Prison Radio. I was invited in to discuss how exercise can help keep people calm and reduce aggression. The first part went out in March talking about breathing techniques. The next part goes out on Tues 5th April, midday and 6pm repeated on Sunday 10th at 10am, going through some simple cardio, which will help you with your marathon training!

Looking forward to hearing your thoughts and keep your fitness questions coming in.

L. J.

www.matrixlegalservices.co.uk

## Marathon Training Focus Program

When preparing for a marathon people tend to ditch the weights in favour of getting the miles in. While this will be beneficial for increasing endurance, this may lead to injury. If the body's muscles aren't conditioned for the impact, stress will be absorbed elsewhere, including bones and connective tissue.

Maintaining a strength program is critical for improving running efficiency for the marathon ahead. Distance running breaks down the muscles in the body and can result in loss of strength, which in the end can slow you down. With a tailored training program, this muscle breakdown can be assisted, and strength can

be maintained through long-distance and endurance training.

Each of the 4 phases below has a different focus, allowing for a total of 16 weeks. Your Training Focus should mirror and support the Marathon Focus to help you finish your marathon goal feeling strong.

### Phase 1 (weeks 1-4) Marathon Focus: Base Training Focus: Stability

During the Stability Phase, the focus isn't on the weight lifted, but rather on form and execution. The priorities should be practicing and mastering bodyweight movements including single leg exercises, like lunges and single leg squats. Both exercises will strengthen the hips and prepare the muscles to handle the increased pounding on the ground. So while it may be tempting to up the weight, keep the weight light and practice mastering the movement. Runners should focus on high repetition sets (12-15 reps) with little rest time (30-45 seconds) in between exercises.

### Phase 2 (weeks 5-8) Marathon Focus: Aerobic Endurance Training Focus: Strength

During the Strength Phase, the focus is on bilateral exercises like the barbell squat and barbell deadlift. Whereas unilateral exercises may be the focus in the Stability Phase, it's important to choose exercises during the Strength Phase where the weight can be loaded up to a challenging intensity. Instead of opting for higher repetitions, choose a load that is challenging for 5-8 repetitions. The increase in intensity also requires a longer rest period (1-2 minutes).

### Phase 3 (weeks 9-12) Marathon Focus: Peak Training Focus: Power

During the Power Phase, runners should stick to full body movements and perform them quickly and explosively. Exercises like squat jumps, box jumps, and plyometric press ups are perfect since they still activate muscle

fibres and help you maintain strength while not putting wear and tear on the muscular system. These bodyweight plyometrics can also serve another function of improving running form, muscle and tendon stiffness. Since the focus is on form and intensity and not volume, sets and reps should be relatively low (2-3 sets of 3-5 repetitions) and rest times should be fairly long (2-3 minutes) between exercises.

### Phase 4 (weeks 13-16) Marathon Focus: Taper Training Focus: Maintenance & Recovery

During the Taper Phase, with the hard work done, it's time to give your body some time to recover, while still maintaining a high level of fitness. You will also want to focus on stretching to promote recovery.

In the last 10 days before a marathon, any exercise that is too strenuous and taxing can have a negative effect. Focus on short runs, stretching and move back to bodyweight movements like press ups, pull ups, squats, and lunges.

For those who still want to use additional weight, it's important to keep the load light and avoid hitting failure. During this phase, go back to a higher repetition scheme (10-15 reps) while keeping sets moderate (2-3 sets) and rest times short (45-90 seconds).

**Cell Workout info**  
ISBN: 978-0993248009  
Price: £19.99  
234 pages - 8 x 10 inches  
204 exercises with photos  
10 week workout programme  
[www.cell-workout.com](http://www.cell-workout.com)

7 Water Street  
Liverpool  
L2 0RD

**Experts in Prison Law**  
Specialist Advice & Representation

Legal Aid for:

- Appeals Against Joint Enterprise Convictions
- Appeals - Conviction/Sentence
- All Parole Matters
- Recall
- Life Sentence Prisoners - Oral/Written Representations
- Adjudication

Contact **Gary McAteer** or  
**Daniel Kenyon** on  
**07597588579**  
or  
**0151 375 9630**

All prisons in England and Wales covered  
Personal instructions always taken



# Cell Workout

*Get the body you want Inside & Out*



How's your training been for your own Cell Workout marathon? I hope last month's issue of Inside Time gave you the information you need to achieve a positive result.

In April I visited HMP Belmarsh to deliver a Cell Workout Workshop to the lads there and to find out more about an exciting new project they are working on. Called 'One Postcode' the staff within the safer custody department and a core group of prisoners are developing the project, working with the Peacock Gym, based in Canning Town, East London.

The aim of One Postcode is to encourage prisoners to use their skills and talents and direct their energy to promote friendship through sport. Prisoners involved in the project will be engaged by a One Postcode mentor, who will work with them to think about how to avoid violence, confrontation, gang activity and an

ti-social behaviour.

The mentors are doing an excellent job and are instrumental in recruiting prisoners to the project. By means of mediation they have made a notable impact on the many conflicts that arise in prison. From the positive effect I saw within the group I met in Belmarsh, I hope the project is taken on by other prisons around the country. I also wanted to say [good luck] to the prisoner I met looking to break the prison 350kg deadlift record. He looked well on his way to smashing it!

Keep your questions coming in!  
LJ

“Thou shalt love thy neighbour as thyself

Mark 12:31

“

## 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.

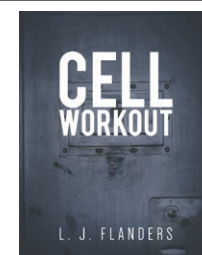
**Step 2:** With eyes looking down, slowly bend your elbows, pointing them outwards, as you lower your body towards the floor. Keep your body in a straight line throughout the movement.

**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



### 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](http://www.cell-workout.com)

[illegible]

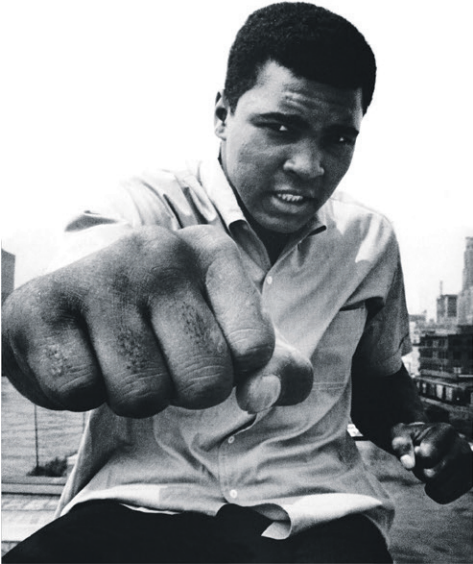
0 0123  
 424 5 6 2 2  
 1 8

[illegible]



# Cell Workout

## Get the body you want Inside & Out



### Muhammad Ali, 1942-2016

Muhammad Ali died last month age 74. His boxing career began in 1954, turning professional at the age of 18. His career went on to span 21 years and he won 56 of his 61 fights. He became world champion three times, an achievement that has never been beaten.

Widely considered to be the greatest world heavyweight boxing champion ever. So what made him the outstanding sportsman that he was? Reading some of his quotes gives an insight to his character and his determination to succeed.

*"I hated every minute of training, but I said, Don't quit. Suffer now and live the rest of your life as a champion."*

*"Only a man who knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even."*

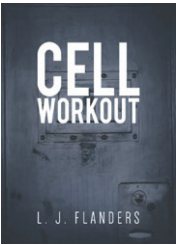
*"Champions aren't made in the gyms. Champions are made from something they have deep inside them: a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill."*

Outside of the ring he devoted his time to justice, the sick and underprivileged. During his lifetime he received many awards for his achievements inside and outside of the ring. Undoubtedly he had a natural talent but Ali considered himself an ordinary man who had to work hard to develop a talent he was given.

Despite the onset of Parkinson's Disease in 1984, he continued to work to inspire people to be the best that they could be at whatever they chose to do, to encourage them to be respectful of one another.

Wise words. Rest in peace.

L. J.



**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](http://www.cell-workout.com)

## 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

### Key

**Orthodox Stance** Is one in which the boxer places his left foot farther in front of the right foot, thus having his weaker side closer to the opponent.

**Southpaw Stance** Is a boxing term that designates the stance where the boxer has his right hand and right foot forward, leading with right jabs, and following with a left cross right hook. Southpaw is the normal stance for a left-handed boxer.

**Jab** Extend your lead hand straight out in front of you, turning your palm down to face the floor as you shift your weight forward.

**Cross** Extend your back hand straight out in front of you (not across your body, despite the name of this move) as you pivot on your back foot and shift your weight forward.

**Lead Hand Hook** Imagine punching around a barrel directly in front of you, using your lead hand to take a chin-level swing as you pivot on your front foot.

**Back Hand Hook** Imagine punching around a barrel directly in front of you, using your back hand to take a chin-level swing as you pivot on your back foot.

**Lead Hand Upper Cut** Imagine punching through a vertical tube in front of you, starting low and driving upward your lead hand, finishing with your elbow pointing toward the floor as you pivot with your front foot.

**Back Hand Upper Cut** Imagine punching through a vertical tube in front of you, starting low and driving upward your back hand, finishing with your elbow pointing toward the floor as you pivot with your back foot.

**Shoulder Slip** Imagine dodging a punch that's coming straight at you. Turn your left shoulder in toward your right side as you pivot on the left foot, then return to boxer's stance. Turn your right shoulder toward your left side as you pivot on your right foot, then return to boxer's stance. Continue to alternate.

**Roll Under** Imagine dodging a punch that's coming straight at you. Shift your weight into your left foot and bend your knees to lower your body toward the ground. Shift your weight into the right foot as you come back up to boxer's stance and continue to alternate sides.

**Duck Under** Imagine someone punching through the air above your head while you duck for cover. Bend both knees to take a deep squat, keeping your fists up the entire time.

MORDI & Co

SOLICITORS

Criminal Defence and Appeals

Specialising in all areas of criminal law, from minor offences to serious crimes - Murder, Fraud, Conspiracy to Defraud, Confiscation Proceedings Appeals, Variation and Discharge of Restraint Order and Money Laundering

Immigration and Nationality Law

Comprehensive solutions to immigration and British nationality issues.

Family Law

Divorce - sound advice about your rights and the options available

Wills & Probate

We cover the London area and all of the UK on serious matters.

Please contact Anthony Mordi or Michael Okogwu

Mordi & Co Solicitors

Ground Floor Rear, 143 High Street  
Barnet, EN5 5UZ

Tel: (020) 7619 96 66

24 Hour Emergency: 07956 923 482

0123456789

10111213141516171819

20212223242526272829

30313233343536373839

40414243444546474849

50515253545556575859

60616263646566676869

70717273747576777879

80818283848586878889

90919293949596979899



# Cell Workout

## Get the body you want Inside & Out



Last month, the 2nd Invictus Games were held in Florida USA. Created by Prince Harry, the International games are for injured servicemen and women, be that physically or mentally.

Through the power of sport, the games aim to encourage recovery and rehabilitation. Also to raise awareness and understanding of injured servicemen and women and mental health issues, described as ‘invisible’ injuries. These people have suffered life changing injuries but still persevere to meet new challenges and not be defeated.

The motto of the games is **AM INVICTUS**

Invictus means ‘unconquered’ or ‘undefeated’ in Latin, taking its name from the poem written by William Ernest Henley, who had his leg amputated below the knee at an early age and almost lost the other leg. The poem describes

the will and the strength to survive in adversity and continues to inspire people with the message that we alone can control our fate.

Definitely food for thought

L. J.

*Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.*

*In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.*

*Beyond this place of wrath and tears  
Looms but the horror of the shade,  
And yet the menace of the years  
Finds, and shall find, me unafraid.*

*It matters not how strait the gate,  
How charged with punishments the scroll.*

*I am the master of my fate:  
I am the captain of my soul.*

*Invictus, by William Ernest Henley*

Picture: Michael Yule celebrates after winning the Lightweight Power Lifting gold during the Invictus Games in Orlando, Florida

### DOES THE TAXMAN OWE YOU MONEY?

IF YOU ENTERED PRISON AFTER 6 APRIL 2011 AND PAID TAX YOU MAY BE DUE A REFUND.

ARE YOU RECEIVING TAX DEMANDS OR PENALTIES THAT YOU DO NOT UNDERSTAND?  
ARE YOU SETTING UP A BUSINESS AFTER YOU ARE RELEASED AND NEED TAX ADVICE?

IF THE ANSWER IS **YES** YOU NEED TO CONTACT THE TAX ACADEMY

THE TAX ACADEMY

Unit 4, Ffordd yr Onnen  
Lon Parcwr Business Park  
Ruthin  
Denbighshire LL15 1NJ

01824 704535  
paul@thetaxacademy.co.uk  
www.thetaxacademy.co.uk

Include as much information as possible:

- Prison number
- Your full name including middle name
- Your date of birth
- National insurance number
- Employment history
- Contact address/number on the outside

Please advise if you change Prisons after responding.

The Tax Academy is a Social Enterprise created by Paul Retout, a Tax Specialist to help Prisoners with their tax affairs in Prison and on the outside. He was recently profiled in the Times Tax Rebates for Cellmates having run tax seminars for inmates in HMP Wandsworth.

## 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

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

**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](http://www.cell-workout.com)

SOLICITORS

# REEDS

012 31/ 3/ 5 5 6



# Cell Workout

## Get the body you want Inside & Out



It was when I began writing Cell Workout in A221 in HMP Pentonville that I ventured into the prison library to research and soon began enjoying spending time there. It was probably the only place in prison when I didn't feel like I was actually in prison. Even meeting my loved ones on a visit was only a reminder of where I was, no matter how much I cherished it.

When the book was finished I

*"Books give a soul to the universe, wings to the mind, flight to the imagination, and life to everything"* Plato

thought about how best to get it into prisons and began the arduous task of ringing round all the prisons and was forwarded on to speak to the librarians. From those first few libraries that wanted to put Cell Workout on their shelves

came an invite to visit HMP Thameside library to talk to inmates nearly a year ago.

Last year I was invited to the annual Prison Libraries Group CILIP conference to speak about my time in prison and what encouraged/inspired me to write the book. From all those I have met what struck me is their dedication and enthusiasm for the work they do. I am grateful for all the support they continue to offer me.

For me personally, reading has always been a struggle due to dyslexia and something I have always wanted to improve in. If you don't normally use the prison library why not go visit and see what goes on in there, you may be surprised at the world it opens up.

L. J.

## Plank Training

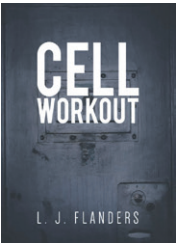
If you want a great abdominal workout, look no further than the Plank. It can be as easy or as hard as you want to make it. The Plank is an isometric core strength exercise that involves maintaining a position, similar to a press up for the desired amount of time.

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  
[www.cell-workout.com](http://www.cell-workout.com)

### 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
- 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.



THE TAX ACADEMY™

## DOES THE TAXMAN OWE YOU MONEY?

IF YOU ENTERED PRISON AFTER 6 APRIL 2011 AND PAID TAX YOU MAY BE DUE A REFUND.

ARE YOU RECEIVING TAX DEMANDS OR PENALTIES THAT YOU DO NOT UNDERSTAND?  
ARE YOU SETTING UP A BUSINESS AFTER YOU ARE RELEASED AND NEED TAX ADVICE?

IF THE ANSWER IS YES YOU NEED TO CONTACT THE TAX ACADEMY

THE TAX ACADEMY  
Unit 4, Ffordd yr Onnen  
Lon Parcwr Business Park  
Ruthin  
Denbighshire LL15 1NJ

01824 704535  
paul@thetaxacademy.co.uk  
www.thetaxacademy.co.uk

Include as much information as possible:

- Prison number
- Your full name including middle name
- Your date of birth
- National insurance number
- Employment history
- Contact address/number on the outside

Please advise if you change Prisons after responding.

The Tax Academy is a Social Enterprise created by Paul Retout, a Tax Specialist to help Prisoners with their tax affairs in Prison and on the outside. He was recently profiled in The Times Tax Rebates for Cellmates having run tax seminars for inmates in HMP Wandsworth.



# Cell Workout

## Get the body you want Inside & Out



LJ shaking hands with the Prince of Wales

**LJ Flanders**

**From Pentonville to Highgrove**

Last month I'm very proud to say I was appointed as Young Ambassador for the Prince's Trust 2016/2017. Part of the role of the YA is to inspire others through their personal experience of turning their lives

means to start your own business and whether it is a viable business idea. I received plenty of guidance from my mentor Andy, who continues to support me.

A couple of weeks ago I had my first appointment as a Young Ambassador. I was invited by HRH Prince Charles to attend an event at his residency at Highgrove. Dressed in my best suit, I stood waiting to meet His Royal Highness. We shook hands and I soon felt at ease, chatting about my book and how his Trust has helped me.

I can honestly say that without the support of the Trust I doubt if I would be where I am today. From Pentonville to Highgrove, what a journey, who would have thought it.

L. J.

*"The journey of a thousand miles begins with one step"*  
Lao Tzu

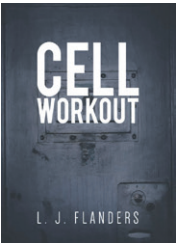
## Side Plank Training

Following on from last month's 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](http://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
- 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.



Duncan Lewis  
Solicitors

NATIONAL SERIOUS FRAUD AND CONFISCATION TEAM

Serious Fraud and Confiscation Specialists

Largest Legal Aid provider in the UK

Client Care second to none

Regular visits to all clients

Nationwide Presence

Unrivalled Reputation

Outstanding Results

If you want to be represented by an experienced, dedicated and specialist team who will take your case as seriously as you do please contact Laurence Grant, Simon Connolly or Aleem Amin at Duncan Lewis Solicitors on 020 7014 7303 or write to us at the address below.

Duncan Lewis Solicitors  
Spencer House, 29 Grove Hill  
Road, Harrow-on-the-Hill,  
HA1 3BN  
DX 4216 Harrow





# Cell Workout

## Get the body you want Inside & Out



LJ Flanders

### Make a start, you never know where it might lead

Last month I was invited by The Reading Agency to visit HMP Edinburgh for an author visit. As I was in Edinburgh I took the opportunity to visit YOI Polmont as well. As ever the welcome and enthusiasm from the men and staff was more than I could wish for.

One question that I am frequently asked is 'how to go about writing a book?' Well, at the beginning all I had was an idea but actually no idea how to go about it. But somehow that didn't really occur to me, I just started at the beginning. Using pencil and paper in prison, I spent hours writing exercises and drawing matchstick men. On release I got stuck into research, collecting information. I typed everything up, then edited and proof read until it was as good as it could be.

Wanting to be in the photos myself, I applied simple nutrition advice and trained until I was happy with the result. Needing funds I applied to The Prince's Trust for a loan to pay for a photographer and then although I had a very clear idea of the design and layout, I needed somebody to put the design together. Then came learning about the printing and distribution process.

Looking back, I had to take the process step by step, learning as I went along. The book actually took around 3 years, working on it in my spare time and with lots of support from my family and friends, who helped in any way they could.

A couple of months ago, out of the blue, I was contacted by publishers Hodder & Stoughton, saying that they had seen my book and were interested in taking it on. I felt honoured to be asked, that they thought I had done a good job! After careful consideration I have just signed with them so that they can take the book to the next level in marketing and advertising it outside of prison. They plan to launch it at the end of this year, I'm looking forward to seeing the response.

So I would say that if you have an idea, make a start, you can learn how to do it later, you never know where it might lead. L. J.

## Mobility Training

Mobility is an indication of how well and efficiently we move and can even help us ward off injuries. Mobility exercises help prepare joints by stimulating the synovial membrane (connective tissue) to release synovial fluid (found in joints) into the synovial capsule (surrounding the joint).

This acts as a lubricant and helps absorb impact and aids movement at the joints during exercise. It will loosen and limber the joints. Mobility training is used as part of the warm up routine for most, but if you are part of the older generation of inmates, returning back from injury or a remedial this will act as a workout in itself.

### Mobility Workout

**Joint Rotations, Flexion or Extension**  
(3-4 minutes) 20 reps

- A. Fingers
- B. Wrists
- C. Elbows
- D. Shoulders
- E. Neck
- F. Trunk and Shoulder Blades 20 reps
- G. Hips 20 reps
- H. Knees 20 reps
- I. Ankles 20 reps
- J. Feet and Toes 20 reps

**Warm-Up Activity**  
(5-7 minutes of marching, jogging, skipping, etc.)

**Upper Body Mobility**  
(5 minutes) 10 reps each way

- A. Arm Swings / Circles / Side - Front Crossover
- B. Neck Movements / Flexion - Extension / Lateral Flexion / Rotation
- C. Trunk and Shoulder-Girdle Movements / Flexion - Extension / Lateral Flexion / Rotation

**Fast Jogging** (5 minutes)

**Lower Body Mobility**  
(5 minutes) 15 reps each way

- A. Hip Movements / Circles / Twists
- B. Leg Swings / Flexion - Extension / Cross-Body Flexion Extension
- C. Ankle Bounces / Double Leg Bounce / Single Leg Bounce

**Fast Jogging** (5 minutes)

**Cool Down**



**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](http://www.cell-workout.com)

# Sun Salutations

## a simple guide to meditation

### The Prison Phoenix Trust

As the days get shorter and winter starts to take hold, it's good to have something to do in your cell to warm you up. This strong routine, called Sun Salutations, will heat you up fast and make you feel energised and focussed. Do the movements in time with your breathing, taking a breath in or out for every new pose, and concentrating on the way the breath moves through you and the way your muscles feel as they warm up. Start with five rounds of this routine on each side, and add one every day until you can easily do ten at a time.

Sun Salutations are a core part of many yoga classes and some people practice them daily on their own as well. It's a complete practice that gives you a chance to stretch out as well as giving cardio and strength training elements. Another benefit of doing it frequently over a long period of time is that it's a good way to get to know yourself - some days it will be easy to find the motivation to do the routine, other days it will be harder. At times you will have the energy to do 20 rounds, or more, while another day you may only manage a couple before you're tired. By checking in with yourself every day and noticing these changes in your body, you can start to tune into your body and feel more connected to yourself.

#### 1 Mountain



#### 2 Upward Stretch



#### 3 Forward Fold



#### 4 Left Leg Lunge



#### 5 Down Dog



#### 6 Plank



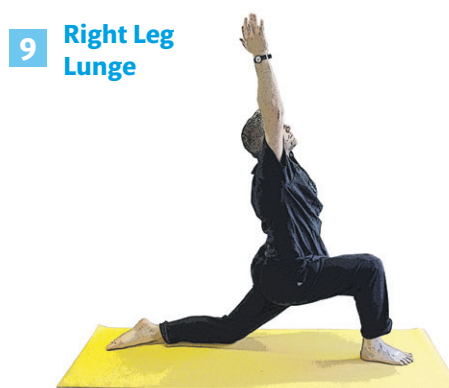
#### 7 Up Dog



#### 8 Down Dog (See exercise 5)



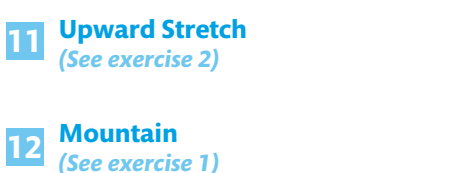
#### 9 Right Leg Lunge



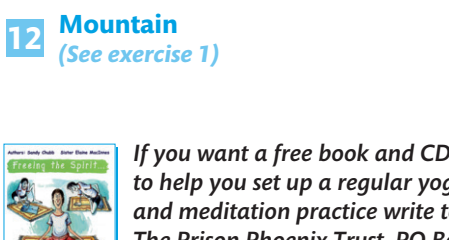
#### 10 Forward Fold (See exercise 3)



#### 11 Upward Stretch (See exercise 2)



#### 12 Mountain (See exercise 1)



If you want a free book and CD to help you set up a regular yoga and meditation practice write to The Prison Phoenix Trust, PO Box 328, Oxford OX2 7HF.



# Cell Workout

## Get the body you want Inside & Out

LJ Flanders



### Positive change

The enthusiastic welcome and positive response that I continue to receive when I visit prisons to talk about my book and the importance of exercise has led me to develop the Cell Workout Workshop.

Motivating people in prison to exercise, to benefit their physical and mental wellbeing, the Workshop is based around how to train using the bodyweight training method. The programme

also focusses on self-achievement, the importance of making good use of time spent in prison, taking advantage of education and skills training opportunities and gaining qualifications for better job opportunities.

A couple of months ago the Ministry of Justice invited the voluntary sector to apply to deliver their services to assist in reducing reoffending.

I submitted my application and was recently informed that I was successful and am currently preparing to get everything ready to begin delivering the Cell Workout Workshop in Reform Prison HMP Wandsworth.

The vision of Governor Ian Bickers and all the staff in HMP Wandsworth encompasses exactly what prison reform is. They want the men to make their time spent inside worthwhile, so in the nicest way, they don't see them again!

I consider this a fantastic opportunity to be part of the reform plan to bring about positive change and a better outcome for men in prison and their families. LJ


*"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking"* Albert Einstein

### Shoulder Training

The muscles and joints of the shoulder allow it to move through a wide range of motion making it one of the most mobile joints in the human body, but also makes the shoulder extremely unstable, far more prone to dislocation and injury than other joints. The shoulder can abduct (move away), adduct (move towards), raise in front and behind the body and rotate in a full 360°

The main muscle groups of the shoulder are the deltoids. They are the large, triangular muscles, which form the upper section of the arms. They can be divided further into three heads.

The best shoulder exercise is the overhead press, so if you're not hitting the dumbbell as much as you like, the bodyweight Pike Press exercise with progression to a Handstand Shoulder Press will do the trick.



TATES

criminal defence solicitors

0000 0000 0000

0000 0000 0000

0000 0000 0000

### Shoulder Workout

Warm Up

5 minute jog on the spot

5 minute mobilization exercises

Workout

Hand Push 30 seconds

'I' Formation With Arms In Front 30 seconds

Hand Grasp Pull 30 seconds

Fast Hand Tap 30 seconds

Pike Shoulder Press 30 seconds

Rest 60 seconds

Repeat 5 times

Cool Down

5 minute jog on the spot

5 minute static stretches

Training Guidelines

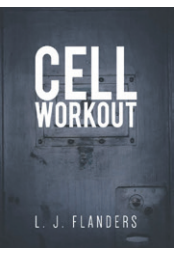
Intensity: Moderate - High

Set Duration: 30 seconds

Rest: 60 seconds rest after completing all 5 exercises

Frequency: 2 (per week)

Method: Bodyweight Resistance Training.



**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](http://www.cell-workout.com)



**Hand Push**  
**Target Muscle Groups**  
Primary: Deltoids, Pectorals  
Secondary: Triceps, Abdominals

**Step 1:** Stand with your feet shoulder-width apart. Raise your hands out in front, at shoulder height and held wider than your shoulders. Keep your arms slightly bent.

**Step 2:** Rotate at the hips and straighten one arm as you push your hand across your chest and out to the side, at shoulder height. Lift up onto the toes of your back leg. This will help you reach further.

**Step 3:** Bring your hand back to return to the start position. Alternate on the other side.



**Hand Grasp Pull**  
**Target Muscle Groups**  
Primary: Deltoids  
Secondary: Triceps, Biceps

**Step 1:** Stand with your feet hip-width apart. Clasp your hands in front of your chest with your elbows bent and level with your shoulders.

**Step 2:** Keeping your hands clasped, pull against each other as if you are trying to separate them.

**Step 3:** Continue the movement, holding the tension and then release.

### 'I' Formation With Arms In Front

**Target Muscle Groups**  
Primary: Deltoids  
Secondary: Trapezius, Rhomboids

**Step 1:** Lie on your front with feet together and nose lightly touching the floor. Keep your head relaxed. Extend your arms straight up in front of your head, so that your body forms an 'I' formation.

**Step 2:** Looking down, keep your chest in contact with the floor and raise your arms off the ground, maintaining the 'I' formation.

**Step 3:** Continue the movement, slowly lowering your arms back down to the start position.



**Fast Hand Tap**  
**Target Muscle Groups**  
Primary: Deltoids  
Secondary: Pectorals, Triceps

**Step 1:** Assume a standard full plank position, with your hands under your shoulders, feet hip-width apart and toes tucked under. Maintain a straight line from head to heels and look down at the floor.

**Step 2:** Engage your abdominals and keep your arms straight. Lift one hand and tap it down on top of your other hand.

**Step 3:** Continue the movement, returning back to the start position and alternating your hands. Gradually increase the speed.

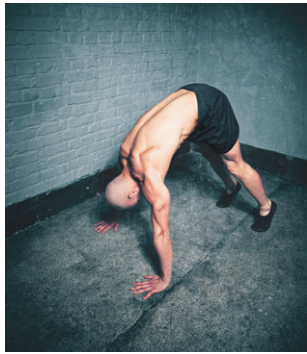
**Tip:** For an easier version, perform this exercise on your knees.

**Pike Shoulder Press**  
**Target Muscle Groups**  
Primary: Deltoids, Trapezius  
Secondary: Triceps, Abdominals

**Step 1:** Assume a standard press up position, with arms straight, slightly wider than shoulder-width apart and with your feet hip-width apart and toes tucked under. Raise your hips up high and lift on to your toes to form a pike position.

**Step 2:** Maintaining the pike position with your body, bend your elbows outwards to lower your head to the floor.

**Step 3:** Continue the movement, pressing back up to return to start position.





# Cell Workout

## Get the body you want Inside & Out

LJ Flanders

### Ring in the new

Now is the time that we think about New Year's resolutions. Resolutions are usually based around lifestyle change – get fit, lose weight, or maybe give up smoking. But changing old habits is difficult, it may start off well but how long does it last?

Maybe we need to think about a different approach. I was interested to read about the training method used to train the British cycling team.

No British cyclist had ever won the Tour de France. In 2010 their coach believed that if you make 1% improvement in everything you do, this will add up and make a big difference.

He improved the teams' training programme, nutrition, their bikes. They made as many improvements in as many areas as they could, even what pillow they used to improve their sleep, using hand gel to reduce their risk of infection.

Then in 2012, the team, with rider Bradley Wiggins, won the Tour de France. The British cycling team went on to dominate the 2012 Olympic Games, winning 70% of the gold medals available.

In 2013, with rider Chris Froome the British team won the Tour de France again. He won it in 2015 and again in 2016.

### Get Up, Get Down

I spent the last 3 months of my sentence at HMP Highpoint. I remember one of the gym officers really tough lunchtime workouts, the 'Get Up, Get Down'.

As simple as it sounds, from a standing position you will either touch a hand, bend a knee, sit or lay down on the floor. But the key is speed, agility and functionality. As soon as you are down in your position you then fire back up to the standing position and without a break going into touching a different limb on the floor. So alternate between touching down with hand, knee, sit or lie on floor (see list right).

Perform continuously for an intense 1 minute followed by 30 seconds rest break. Repeat for a minimum of 5 sets. For me this is a more varied version of a burpee as you are not going through the same motion each time. So why not throw in a squat jump each time you are back in the standing position? Remember when you get down, get back up asap!

So the message here is that making 1 per cent changes may not seem noticeable at the time, but they will make a big difference in the long term. As the Chinese proverb says: 'Be not afraid of growing slowly, be afraid only of standing still'.

In making small changes to your behaviour, small routines and daily habits that you repeat – you will be progressing towards your goals. Exercise daily, building on your routine, choose healthy food options, have one less cigarette a day.

Try beginning the day with a positive habit, such as stretching, 10 press ups or 30 seconds meditation. It focusses the mind and sets the momentum for the day.

Regular exercise is the biggest single behavioural change you can make to improve your health and wellbeing, leading to improvements in other areas of your life.

Keep a record of your progress so you can look back to see how you are doing.

Give it a try – start by making small achievable changes, think where you will be in 3 months, 6 months, a year.  
L. J.

*"And now we welcome the new year.  
Full of things that have never been"*  
Rainer Maria Rilke

### Get Up, Get Down Workout

#### Warm Up

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

#### Workout

- 1 minute touching down with a mix of the body parts on the floor: Right hand, Left hand, Right elbow, Left elbow, Right shoulder, Left shoulder, Right knee, Left knee, Right side of body, Left side of body, Your front, Your back, Sit, Forehead (be careful).

- 30 seconds rest

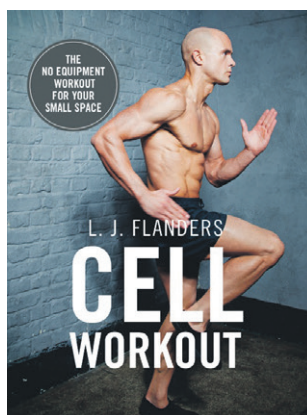
- 5 sets (minimum)

#### Cool Down

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

#### Training Guidelines

**Intensity:** Moderate-High  
**Set Duration:** 1 minute  
**Rest:** 30 seconds  
**Frequency:** 2-3 per week  
**Method:** Bodyweight Resistance Training.



New Year, New Cover!

#### 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.

The aim of this book is to benefit the physical and mental health of people in prison and outside. Get the body you want - Inside & Out!

**Price:** £19.99  
**ISBN:** 978-0993248009  
**www.cell-workout.com**

# Coherent breathing: you have what you seek

## The Prison Phoenix Trust

*From time to time, it's good to go back to basics in your yoga practice. Aren't the simple things often the most beautiful and effective? Coherent breathing, described here, couldn't be simpler and yet it's powerfully beneficial for mental and physical well-being. You can make it a part of what you do each day, or use it when you find yourself waiting for something.*

This practice uses belly breathing, and you make your in-breath the same length as your out-breath. Here's why it's so useful:

- Breathing with the upper chest only and without the belly means we're using muscles in the neck and upper back, making them stiff. Sometimes people breathe so high up in their chest that their shoulders actually lift! This sends a signal to the brain that you feel threatened, and keeps you on high alert. Breathing down into the belly means you can relax the shoulders, neck and back, and this tells the brain that you are calm.

- Each time you breathe in, you are activating the part of your nervous system responsible for action. Your heart beats slightly faster, and your blood vessels constrict. There's nothing wrong with this – you need it to get moving.

- Each time you breathe out, you activate the part of your nervous system responsible for resting, digesting and healing the body. Your heart rate slows down and your blood vessels widen.

- Breathing in and out at the same rate balances these two parts of the nervous system. When this happens, various other systems of the body begin to work in union on a very deep level. They become coherent, which means they form a unified whole, rather than working at cross purposes.

So this breath will harmonize your body's systems, and bring the body and mind into coherence too. You can do this twice a day, or more if you wish. Here's how to do it:



- Lie with your legs higher than your hips, in an 'L' shape. If you're on the floor, you may need a blanket under you (and perhaps over you too, if it's cold). Your calves rest on the chair or bed.



- You can also do this sitting in a chair or on the edge of your bed, with your spine nice and long, your chin slightly tucked in. Rest your hands in your lap, with relaxed arms. Your feet are flat on the floor. You can close your eyes if you wish.



- Rest one hand on your belly and one on your chest. Take a slightly longer, slower breath than normal. Notice how your body moves under your hands as you do this. Your chest will probably rise slightly. You also want your belly to expand too, rather than sucking it in. If your belly expands, this means the big muscle at the bottom of the rib cage attached to the base of the lungs – the diaphragm – is moving down properly and creating a good vacuum, so you draw in lots of air. At the end of your out-breath, the diaphragm is in a bell shape, with the top of the bell pointing up toward the centre of the chest. At the end of your in-breath, the bell shape has been flattened as the centre of the diaphragm is drawn down.

- Take five slow easy belly breaths like this, feeling your breath with your hands. (Let your out-breaths be normal and easy.)

- Once you've got the hang of belly breathing, make the in-breaths the same length as the out-breaths. Do this by counting six seconds as you breathe in, and six as you breathe out. If after a minute, six seconds in and six out seems too long, shorten the count to four in, and four out. People over six feet tall can consider building up to a count of seven or eight. But if you're tall and find even counting to six too long, don't worry: start at five or four.

- Take time to find the right count for you. Don't worry if you need to make the count shorter for the first few days. You can gradually start to make it longer.

- Keep going with your coherent breath for 15 minutes, enjoying the simplicity.

- When you finish, be still for a few minutes without counting the breath and just experience how you feel: your body, your thoughts, your breath – how are they?

There was a Japanese meditation teacher named Hakuin who lived in the 1700s. No stranger to hard times, he understood suffering, and helped a great number of people find freedom inside themselves, right in the middle of their everyday lives. He and many people before and since, from all spiritual traditions and scientists who study the human body have discovered the same thing: your own breath is a powerful ally in helping you feel better.

One of Hakuin's verses has these lines:  
*How sad that people ignore the near  
And search for truth afar:  
Like those in the midst of water  
Crying out in thirst...*

If you feel you're looking for something outside yourself to take away your restlessness or troubles, give coherent breathing a go. Maybe what you're seeking is right here inside.



**If you want a free book and CD to help you set up a regular yoga and meditation practice write to The Prison Phoenix Trust, PO Box 328, Oxford OX2 7HF.**



# Cell Workout

## Get the body you want Inside & Out

LJ Flanders

### The power of communication

It's been a year now that I have been writing my column in Inside Time. Thanks to the written word and the circulation of the newspaper I have been able to share fitness and exercise tips with people in prisons throughout the country.

Last week, in HMP Wandsworth, I attended the Inside Out session in the library, where ex-offenders go in to talk to the men about their experiences of leaving prison and where they are now. We had a good meeting, with lots of group discussion and questions.

I then went to take part in their local radio show Radio Wannoi. The radio orderly was brilliant. A job on Kiss FM drive time is in order! It was a

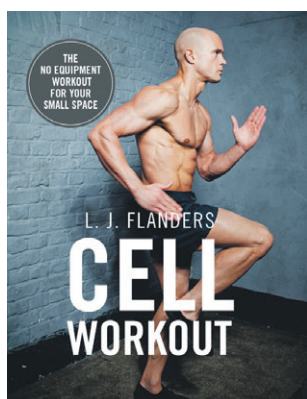
really good day, getting involved and meeting people.

These days with modern technology, information is available at the touch of a button. We can communicate on social media without actually seeing or talking to anyone.

But in prison, the newspaper, the libraries and radio stations are invaluable in providing news, information and entertainment, as well as social interaction and a sense of community.

The workout this month is the workout sheet I used for my very first Cell Workout Workshop session in HMP Wandsworth on 17th January 2017. There were 15 in the class, I thought you would all like to give it a go too. L. J.

*"I fear the day that technology will surpass our human interaction"*  
Albert Einstein



New Year, New Cover!

### 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: £19.99

ISBN: 978-0993248009

[www.cell-workout.com](http://www.cell-workout.com)

# 15 minutes for a solid 40 winks

## The Prison Phoenix Trust

A good night's sleep is something you may not have had in a long time. Being tired during the day means you feel a little grouchy and have less tolerance for things not going your way. Also, you can't think as clearly. Furthermore, not getting enough good quality sleep over a long period can be a factor in a number of physical health problems. Cutting down on caffeine (tea and coffee) is a good idea if you're serious about good sleep. It helps to not have watched any television in the hour or so before you turn in. A well-rounded yoga sequence can also send you for a good sleep. Here's one we think works well. Enjoy it!



### Breathing

1. Sit upright on a chair or the edge of your bed, feet flat on the floor, spine long, body relaxed.

2. Breathe in for a slow count of five through the left nostril, closing the right side with your right thumb.

3. Breathe out for a slow count of five through the right nostril, keeping the left nostril closed with your ring and little fingers.

4. Breathe in for five through the right nostril, keeping the left nostril closed.

5. Breathe out for five through the left nostril, keeping the right nostril closed with your thumb.

Keep doing this for five minutes, switching hands if your arm tires.



### Forward Bend

You don't have to touch your hands to the floor. Just hang down at your maximum and let your head and neck completely relax. Stay for 15 long, easy breaths.



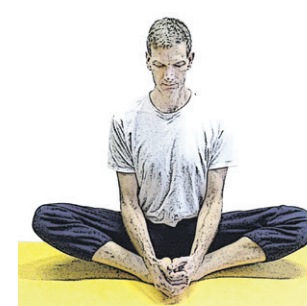
### Happy Cat/Angry Cat

Flow slowly between these two poses in time with the breath, ten times. Appreciate whatever mobility your spine may have.



### Seated Twist

Hold for five slow breaths each side. Keep your attention in the spine and how it feels.



### Butterfly

Hold for ten slow breaths. Don't try and force your knees down, just let them relax without trying to get them down to the floor.



### Knees to chest

Hold your knees and move gently, in whatever way feels nicest on your back - side to side, in circles or back and forth.



### Bridge

Lie on your back, feet as close to your bum as you can get them, hip-width apart. Push up with your legs and hold for three slow breaths. Lower yourself down carefully. Rest for three breaths. Repeat.



### Rest

Lie like this on your bed. Stay still, counting your out-breaths up to ten and then starting again. Allow your body to relax as completely as it can. Do this for ten minutes. Remember as you finally lie down to sleep, that as hard as it may seem, you really can let go of everything: all your problems and worries and concerns. Keep gently tuning into each in breath and each out breath, aware of the body gently being breathed by this same breath that's breathing creatures all over this planet.



If you want a free book and CD to help you set up a regular yoga and meditation

practice write to The Prison Phoenix Trust, PO Box 328, Oxford OX2 7HF.

Tuesday 17<sup>th</sup> HMP Wandsworth  
Warm up January 2017  
5-10 minute mobilisation

### 1. Workout

A Walk out with Press up 30sec  
B Full Plank 30sec  
C Plank with Side kick 30sec  
D Crab with Toe touches 30sec  
E Prisoner Squats 30sec  
F Roll Back and Stand up 30sec  
8 sets  
Rest 60 seconds

### 2. 300 Ab Workout

20 Crunches  
20 Bicycle Crunches  
30 Toe Touches  
20 Reverse Crunches  
15 Side Plank Hip lifts  
30 Crunches  
15 Side Plank Hip lifts  
40 Russian Twists  
30 Bicycle Crunches  
15 Oblique V-ups  
20 Reverse Crunches  
15 Oblique V-ups  
10 Leg lifts

### 3. Tabata Sprints

20 sec sprint  
10 sec rest  
x 8

### Cool Down

5-10 minute  
Stretches



# Cell Workout

## Get the body you want Inside & Out

LJ Flanders

### ‘Let food be thy medicine’

Over the past year, there’s been a mass of revelations about the way sugar consumption impacts on our health.

Why is it so bad for us? Our bodies can handle sugar in small doses, using insulin to break it down and use it as energy. But beyond a certain amount, it is converted into fat. Weight gain increases your risk of health conditions such as heart disease and type 2 diabetes. Too much sugar can cause heart and liver disease. Sugar suppresses the immune system and has been linked to mental disorders – anxiety, depression and disrupts sleep pattern. As well as causing tooth decay.

The recommended daily intake of sugar is 30g (roughly 7 cubes).

As a guideline: High sugar food contains more than 22.5g per 100g, and a low sugar food contains less than 5g per 100g.

A high sugar drink contains more than 11.25g per 100ml, and a low sugar drink contains less than 2.5g.

Refined sugars have no nutritional benefit and cause more weight gain than saturated fat. Sugar is in almost everything, whether natural or added.

Sweet processed foods (most things on the canteen sheet) biscuits, cakes, chocolate,

fizzy drinks, squashes, ice cream, sauces, flavoured yoghurt, as well as processed fast food, savoury foods, crisps, sauces, dressings. They might be tasty and addictive, but they all contain a lot of sugar.

Anything containing fructose, syrups, honey, fruit juices, still count as sugar. Some foods that contain sugar come with added nutrients, and these micronutrients can form an important part of the diet. A yogurt, for example, will deliver protein and calcium. A fruit and veg smoothie will give you fibre and potassium. Fruit juice brings with it vitamin C and potassium. It’s the portion size you need to keep an eye on.

Choose healthier options from the canteen sheet (we all know what they are). Try to replace sugary foods with protein and good fats – eggs, oily fish, nuts, couscous.

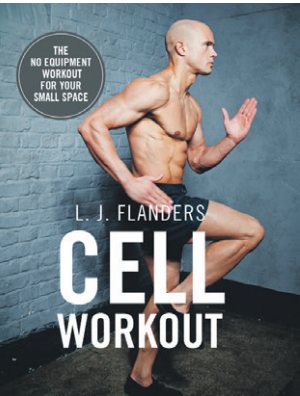
After the initial hit that we get from consuming sugar, our blood sugar level falls lower than it was to start with, meaning we need a bigger hit to satisfy our craving the next time. I’m not saying it’s easy and it could take weeks before your sugar craving subsides, but considering the benefits, surely it’s worth trying to cut down.

This article has come after hearing a lot from the people on the Cell Workout Workshop how they are comfortable eating from the food choices on the canteen sheet. It has given them some comfort (and believe me, I know!) when behind the door. But for that

quick fix and short term pleasure, why not try a longer lasting and more sustainable approach that you won’t find in the biscuit section on the canteen sheet. Exercise. L.J.

“Let food be thy medicine and medicine be thy food” Hippocrates, 460 B.C.

Hippocrates was a Greek physician, often referred to as the father of modern medicine. He made such an impression on medical history that his name is still very much associated with medicine today. His primary form of treatment was usually improving a patient’s diet.



**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: £19.99  
ISBN: 978-1473656017  
Publisher: Hodder & Stoughton  
[www.cell-workout.com](http://www.cell-workout.com)

Wednesday 18<sup>th</sup> January 2017 AMP Wandsworth

Warm Up

5-10 minute mobilisation

CELL WORKOUT

1. Workout

- a) Reverse lunge 30 sec
- b) Reverse Gmp Pull 30 sec
- c) Pike Press 30 sec
- d) Full Plank Single Arm lift 30 sec
- e) Tuck Jumps 30 sec
- f) Squat Hold 30 sec

2. 300 AB WORKOUT

- 30 Hip lifts
- 20 Flutter kicks
- 30 Knee Tucks
- 30 Kneess up, leaning back arms extended hold
- 60 seconds rest
- 30 Back Extensions
- 20 Cobras
- 20 Supermans
- 30 Up Dog/Down Dog
- 60 seconds rest

3. Tabata Spans

- 20 sec Sprint
- 10 sec Rest
- Call Down X 8
- 5-10 minute stretches

**TOPSTONE SOLICITORS**

For expert legal advice, assistance and representation in Prison Law, Criminal Appeals and Reviews matters.

Legal Aid available for

- Post Tariff Parole Reviews
- Recall Reviews
- Independent Adjudications
- Sentence Calculations
- Appeal against Convictions & Sentences
- Applications to CCRC
- Judicial Reviews

Fixed fees for

- Recategorisation
- HDC
- Pre-tariff Parole Reviews
- Release on Temporary Licence
- Governor’s adjudication
- Immigration & Deportation
- Family

Topstone Solicitors 797 London Road London CR7 6AW

info@topstonesolicitors.com 0203 441 2700 www.topstonesolicitors.com

Change of trading name: Please note Topstone Solicitors were formally known as Touchstone Solicitors. The website and email address have changed but all other contact details remain the same.

**WBW SOLICITORS**

ff

WBW Solicitors can help you claim compensation for your lost childhood. For sympathetic, straight-forward, confidential advice, contact

**Therese Classon**  
Member of the Association of Child Abuse Lawyers

**01626 202404**

[www.wbw.co.uk](http://www.wbw.co.uk)

0123 424 5 6 2 2

1 8 0 0 0 0 0 0



# Cell Workout

*Get the body you want Inside & Out*

***LJ Flanders***

## Relaxation

Prison can be a testing place to try and relax. Whether it's noise on the wing, someone banging on the pipes or worries on the out, it can be hard to focus the mind.

Collaborating with The House Of Yoga in HMP Wandsworth, the Cell Workout students on D Wing did a 40 minute yoga and relaxation session. Afterwards most said they felt like they were in a different place, like they weren't in prison.

Being able to spend time practising relaxation will quieten your mind, boost your energy levels and promote positive thoughts, reduce anxiety, stress or anger. Relaxation is also thought to be beneficial to physical health and improving sleep quality.

Basic relaxation techniques are not difficult but take practice. Everybody reacts differently, so experiment to find what techniques work for you. You may find it helpful to listen to music that creates a peaceful atmosphere. Start with 10 minutes a day and

increase as you get used to it.

After exercise, it will give the body the chance to regroup and rest. Relaxation should be performed after you have cooled down and stretched, before you go to bed, or whenever you feel the need. Make sure you are comfortable and wear loose clothing.

- ï Any relaxation starts by focusing on your breathing.

i To control your breathing; take slow, deep breaths, slowly in through your nose and out through your mouth, in a steady rhythm, without forcing the breath.

- Relax your shoulders and upper chest muscles when you breathe so you are mainly using your diaphragm.

i As you exhale, imagine all the tension and negative energy slowly moving out of your body. If you notice any areas where you feel tension, relax them as you exhale. Breathing in this way will help to increase your mind-body awareness and concentrate your energy on muscle relaxation.

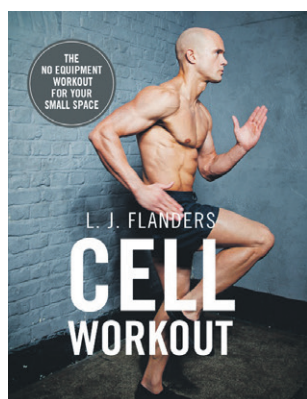
- Feel your muscles relaxing and growing heavier.

- i Work your way through your

entire body, focusing on relaxing one muscle group at a time, starting at the bottom and working up.

*"The best cure for the body  
is a quiet mind"*

### Napoleon Bonaparte



**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](http://www.cell-workout.com)



## 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.

**Tip:** 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 □□ shape.

**Dillex Solicitors**

**YOU TALK...WE LISTEN!!**

**Specialist in Prison Law, Criminal Defence & Personal Injury Matters**

Appeals (All Convictions & Sentences)

CCRC & Judicial Reviews

Parole, Adjudication, Recall & Re-categorisation

Police Station/Crown/Magistrate Court Representations

Confiscation/Forfeiture

Injury Compensation Claims

**THE ATTORNEY YOU CHOOSE DOES MAKE A DIFFERENCE**

**Contact Lucy or Patrick today:**

**DILLEX SOLICITORS**

107B Ripple Rd, Barking IG11 7NY  
T: 02085913351 or  
(24 hrs) 07572086247

# SOLICITORS REEDS



# Cell Workout

## Get the body you want Inside & Out

LJ Flanders

### This girl can...

I have been asked by Women in Prison (WIP), to write an article for their magazine Ready Steady Go and thought it might be of interest to every one.

It has been mentioned a few times "what about a version of Cell Workout for women?" So I asked myself what would be the difference? I couldn't really find an answer. So should women train differently?

Let's look at some of the facts

When designing a training programme for women compared to men, the basic principles should be the same for both genders. Start with bodyweight exercises before moving onto external resistance i.e. dumbbells, barbells, machines.

Focus on building a strong core (Abdominals, Obliques, Erector Spinae) before moving onto harder exercises, which may put too much strain on your back. Favour multi-joint exercises, recruiting more muscle groups, over isolation movements.

Spend equal time training the muscles that you can't see in the mirror, known as the posterior chain (Back, Gluteals, Hamstrings) rather than over-train the muscles you can see in the mirror (Chest and Quads).

But there are some differences

to consider young females can start strength training before young males, because females mature earlier than males. Also, the drop-off in strength after a period of not training is quicker in females than men, and women carry less muscle mass than men.

So there's no need to worry and think "Will I end up looking like a man if I lift weights?" Men produce ten times more testosterone than females, which makes the difference in muscle mass between the two genders. So you won't be looking like Arnold Schwarzenegger anytime soon!

I have taken inspiration from the recent national campaign, "This Girl Can" which is a celebration of active women, who are doing their thing, no matter how well they do it, how they look or how sweaty they get.

You may be behind the door, but don't let that stop you keeping fit. If anything find the positive in the negative. You should all try and keep the mind set of coming out better than when you went in, in some shape or form!

So keep up with your fitness regime girls and go for it!!

L.J.

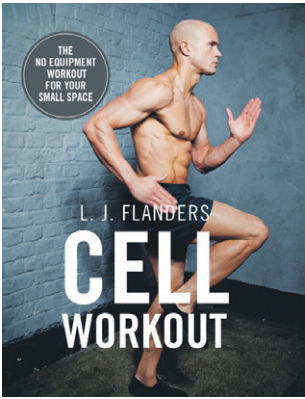
*"Strength doesn't come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, THAT IS TRUE STRENGTH"*

Jessica Ennis-Hill

### 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



**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](http://www.cell-workout.com)

# Yoga for Strength

## The Prison Phoenix Trust

A lot of people think that yoga is just about relaxing and being more flexible. But it can also build strength and stamina, without any need for gym equipment. These poses all strengthen the body when practised regularly, particularly in the arms, legs and core. As you do them, keep breathing, slowly and deeply - this strengthens the mind, too. Even if it's a challenge, don't hold your breath! We suggest you hold each pose for five breaths, but you might want to start with three, and with practice you could build up to ten or more. Listen to your body and work with it, not against it.

**Child Pose**  
*This is a strong routine, so rest like this after every couple of postures, or whenever your body needs a break.*

**6 Boat**  
*5 breaths. For an extra challenge, hold your arms out straight beside the legs.*

**1 Down Dog**  
*5 breaths.*

**2 Plank**  
*5 breaths.*

**7 Bridge**  
*Start with your feet close to your bum, arms by your sides. As you breathe in, lift your hips and arms above your head, and hold there for 5 breaths before coming gently back down.*

**3 3 Legged Dog**  
*5 breaths each side.*

**4 Warrior 1**  
*5 breaths each side.*

**5 Warrior 2**  
*5 breaths each side.*

**8 Sitting**  
*Just as the muscles of the body are strengthened with practice, so is the mind's ability to see deeply into how we humans create unnecessary problems in our lives, and to discover the wisdom of doing things differently. That seeing and discovering takes focus though, so sit with your back straight and let the air flow in and out through your nose. Count your breaths silently: in 1, out 2, in 3, out 4 and so on, up to 10, and then start from 1 again. If you lose count, it doesn't matter. Just start again at 1. Sit for 10 minutes, gently returning to your breath counting whenever the mind wanders.*



### FIGHTING FOR THE RIGHTS OF INDIVIDUALS IN THE SOUTH EAST

WE ARE A RESPECTED 'LEGAL 500' FIRM FRANCHISED BY THE LEGAL AID AGENCY AND OUR DEDICATED AND EXPERIENCED TEAM IS AVAILABLE TO HELP YOU IN ANY AREA OF LITIGATION

01732 360999

**PRISON LAW**  
*Catherine McCarthy*

All aspects of criminal law, including Appeals/CCRC/Confiscation Orders.

All aspects of prison law, including adjudications, parole, DLP, recall, categorisation, and Judicial Review

Police interviews in custody (London & South East)

**CIVIL LAW**  
*Sarah Speller*

Legal aid is available for housing issues if a person is at risk of losing their home or is homeless providing their case is within the provisions of LASPO 2014 and they are financially eligible.

Advice can be given on what can be done to protect your home whilst you are in prison and how to apply for social housing on release.

**FAMILY LAW**  
*Jennifer Mundy*

All Aspects of matrimonial & children disputes, including proceedings involving the Local Authority

Divorce, domestic violence, cohabitation and civil partnerships

All aspects of financial disputes

2-4 Bradford Street, Tonbridge, Kent, TN9 1DU



# Cell Workout

## Get the body you want Inside & Out



Setting targets

LJ Flanders

### There are no short cuts

We have been talking about discipline during our group discussion in the Workshop and Anthony Joshua's comment from last month's column. As long as you have discipline, you can be a success.

No doubt Olympian athletes who are competing against the world's elite need to push themselves to the limit to achieve their dreams. They understand what discipline means and how it works.

But discipline is considered a skill that we can train ourselves for:

• Challenge yourself to achieve bigger goals and dedicate yourself to achieving them. The harder you work and the longer you spend on it, the harder it will be to give up, or all the effort you have invested will be for nothing.

• So think carefully about what you want to achieve before you commit.

• Clearly define your goal and what you need to do to achieve it. For example if you want to maintain an exercise programme, decide when you will exercise, for how long, the warm up, workout, cool down and recovery.

• If you set yourself a target and have planned how you will go about it, then it's up to you to start the process and stick to it.

**"Discipline is choosing between what you want now and what you want most"**  
Abraham Lincoln

• If you want to succeed you cannot back down.

• Adopt the mindset that you will accomplish the things you said you would and when you said you would.

• Our body and brain will try to resist the changes and it's normal to feel lazy, but being disciplined has the power to fight these feelings and focus on the process we have committed to.

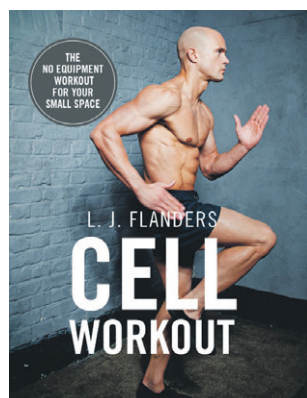
• Many people quit too early, but the more you commit, the

better you will become and the results will push you on to achieve more.

Being disciplined means doing what needs to be done with commitment to achieving a goal. It is about being in control of your life and not expecting immediate or easily gained results.

Discipline builds self-confidence, mental and physical strength and personal development. Discipline has the power to help us understand and explore our capabilities, it's our route to success.

So I guess it affirms what we already know, there are no short cuts, if we want something then we have to work for it.



### 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](http://www.cell-workout.com)

### Workout - Deck of Pain

There is definitely no short cut with this popular workout routine amongst prisoners, as there tends to be a deck of cards handy.

Take a standard deck of 52 cards. Assign one of the exercises below (or one of their variations) to each of the four suits. So you could have something like:

**Clubs** Push-ups / **Spades** Pull-ups / **Diamonds** Squats / **Hearts** Hanging Leg Raises

Start drawing cards from the top. The suit tells you what exercise you're doing; the number tells you the reps. For Aces choose your rep count. So if you drew the 5 of diamonds you would do five squats; if you drew the king of clubs, you do ten push-ups. Draw the cards and perform the corresponding exercise and reps until all the cards have been drawn. Remember, life is like a card game; you can bluff, fold, or win big, it's all about how you play the game.

# Neck and Shoulder Relaxer

## The Prison Phoenix Trust

Most of us carry around a lot of tension in our shoulders and neck, leading to tightness and pain. This physical tension can come from stress or from work, whether that's sitting at a desk or manual labour. It can also come from weight training. Try these movements and postures to help you loosen up your shoulders and neck. You may find they make you feel more relaxed all over.



### Forward bend with hand clasp

Clasp your hands behind your back, let your head hang loose and pull your hands as far away from your bum as you can. Stay for five slow breaths.



### Shoulder rolls

Slowly roll your shoulders up and forwards while breathing in, then down and back while breathing out. Do this ten times, then repeat going the other way.



### Thread the needle

From hands and knees, slide one arm under yourself until your weight rests on your shoulder. Stay for five slow breaths.



### Head tilts

Tilt your head up, down, left, right and side to side. Stay in each position for three slow, deep breaths, mindful of how your neck feels.



### Puppy pose

Stretch like this for five long breaths.



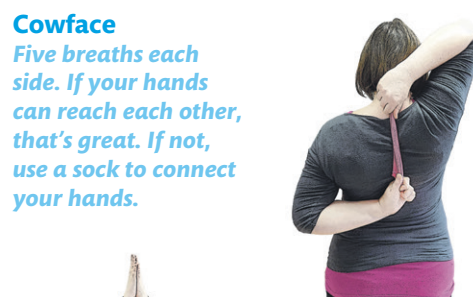
### Forward bend - ragdoll

Relax your neck completely and hold the opposite elbow in each hand. Stay for five slow breaths.



### Sitting

Sit up straight on a chair, the edge of your bed, or in a cross-legged position or kneeling, and focus on your breath. Count your breaths silently to yourself: in 1, out 2, in 3, out 4 and so on, up to 10, and then start from 1 again. If you lose count, it doesn't matter. Just come back to 1 and begin again. Even if you lose count several times, it doesn't matter. Be gentle with yourself and know that there is nothing to "get wrong". Do this for five minutes, setting an alarm on your watch or clock if you have one. Sitting in meditation regularly might help you relieve some of the stress that causes your neck and shoulders to be tight. If you choose to sit like this each day, you may wish to gradually lengthen the time you sit to 10, 15 or even 25 minutes.



### Cowface

Five breaths each side. If your hands can reach each other, that's great. If not, use a sock to connect your hands.



### Eagle

Press your elbows together in front of you and work on lifting them to shoulder height. Do this for five slow breaths.



If you want a free book and CD to help you set up a regular yoga and meditation practice write to The Prison Phoenix Trust, PO Box 328, Oxford OX2 7HF.



# Cell Workout

## Get the body you want Inside & Out

LJ Flanders



In 2011, boxer Anthony Joshua was in court pleading guilty to a drugs charge. He was spared a custodial sentence but the shock and shame he felt towards family, friends and himself, and being suspended from Britain's boxing squad, forced him to take a long hard look at himself and think about what he wanted from life. He decided to change and those the ring.

A talented athlete, he realised that if he wanted to achieve his potential he would have to work hard and work hard he did.

In 2012 he won Olympic gold for Britain, proud of his achievement he said "that medal represents my journey ... it's a life experience and I'm proud to

wear it around my neck.

Turning professional a year later, Joshua continued to work hard and over the next 4 years won all of his 18 professional fights.

Last month, aged 27, he faced his toughest opponent, Wladimir Klitschko. A record crowd at Wembley saw Joshua win by TKO in the 11th round to retain his IBF title and gain the WBA and IBO titles. The fight received critical acclaim, described as a classic that will go down in history as one of the greats.

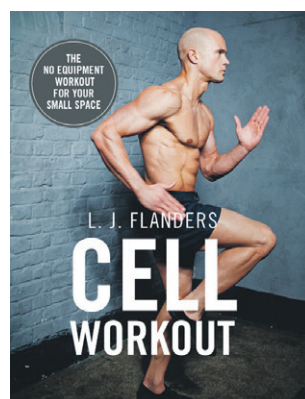
*"As long as you have discipline, you can be a success. Discipline is what makes you do everything you need to do"*

Anthony Joshua

Evidence supports the benefits of sport and exercise. But it can be more than that, engaging those who might be harder to reach in other ways. The healthy lifestyle, improved fitness and psychological health, social interaction, self-improvement, discipline and work ethic is valuable in helping keep people out of trouble and on the right track.

Joshua's story could have been very different, the end of a

promising career. But as a young man he decided to seize his second chance with both hands to become the world heavyweight champion and global star. What an achievement.



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 &amp; Stoughton

[www.cell-workout.com](http://www.cell-workout.com)

# Five minutes with...

Vassos Alexander is the sports reporter on the Chris Evans Breakfast Show and the author of the best-selling celebration of running *Don't Stop Me Now, 26.2 Tales of a Runner's Obsession*. He has presented on BBC Radio 5 Live and commented on BBC tv, BT Sport and Eurosport. Vassos has reported on six Olympic Games for the BBC and still commentates on tennis, golf, diving and darts events. He has completed several ultra-marathons and Ironman triathlons. His marathon personal best is sub-three hours.



**You have reported on numerous Olympic Games - which one was your favourite and why?**

The Olympics are special because they matter. They are the culmination of four years' dedication and grind. I've reported on six Olympics and they've all been brilliant in their own way. But London was easily my favourite. To have the Games in my home city while the whole country seemed to embrace Team GB that was epic.

**What does running do for you?**

Basically, running sorts me out. For instance if I'm ever stuck on something, I go for a run and when I get back, that's it, problem solved. It's also the best way to stop feeling tired, the best way to give myself a bit of *va-va-voom*. It's part escape, part therapy, and part simple childlike joy of running when you could be walking.

**Why Ultra?**

Running ridiculous distances provides astonishing highs. Why else would you put your body through such a battering? Why else would you reach a point where the mind is a mess, limbs are lead weights and internal organs are literally failing and decide to press on? To keep on running. And running. If you REALLY want to find out what you're made of, run 100 miles in one go!

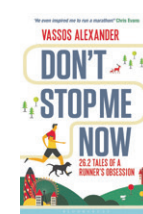
Next month, watch out for a new section - Inside Time runners corner

**What advice would you give to your younger broadcasting/running self?**

I only stopped smoking and started exercising when I reached my thirties and got fat. So I'd love to find a way to persuade my younger self that running would help. I'd tell myself that when I do finally get round to getting fit, I'll feel so much better about myself, both physically and mentally. And as for my younger broadcasting self - he was beyond advice!

**How did you become a sports reporter?**

I've always loved sport and as a kid I was captivated by the commentaries on radio and television. It was my dream to work behind the mic one day. So I applied for all the sports reporting jobs I could find, started at the bottom and worked my way up. I'm now lucky enough to have covered almost every major sporting event - from tennis to triathlon, the World Cup to the World Darts. You get the best view as a commentator, and it's a great privilege to be bringing the action to life for millions of people - but you know nothing beats watching Fulham games from the Hammersmith End with my son.



**Don't Stop Me Now, 26.2**  
Tales of a Runner's Obsession  
is published by Bloomsbury  
ISBN 9781472921536 £8.09

*"He even inspired me to run a marathon!"* Chris Evans  
*"Full of inspiration to kick you into gear"* Women's Fitness  
*"Brilliantly written with humour and a clear love of running."* Amazon customer

## Carringtons

SOLICITORS

The National Prison Law Specialists

Trusted by more prisoners in England and Wales than any other solicitors.

With Experts across the country, we can represent you in **ANY PRISON**.

Call our dedicated team on **0115 986 0983**  
or write to us at:  
**FREEPOST RTAB-BATB-HGAU**  
Carringtons Solicitors,  
Nottingham NG2 2JR.



Officially  
the **LARGEST**  
prison law  
provider in  
the country



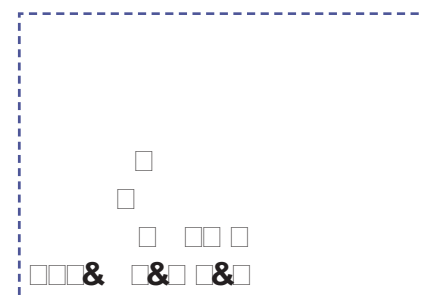
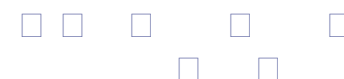
[www.carringtons-solicitors.co.uk](http://www.carringtons-solicitors.co.uk)

**Our Expert team of over 40 specialist advisors have a wealth of experience to offer you including:**

- Parole Board Reviews
- Recall to Prison
- Police Interviews
- Independent Adjudication Hearings
- Governor Adjudications
- Sentence Calculation
- Category A Review
- Minimum Term Reviews
- Sentence Planning Boards
- Re-Categorisation
- HDC "Tagging"
- Transfer
- Judicial Review

for immediate **FREE** advice  
call us at the local rate on **08454 750 650**

PICKUP  
&  
SCOTT  
Solicitors





# Cell Workout

## Who would have thought it, aye?

Continuing guest pieces by an LJ Cell Workout graduate



Troy Gayle

Me? Staring out from Inside Time lol, I mean you gotta admit that is pretty spectacular isn't it? Hasn't been easy though, coming from a broken home, foster care from the age of 6, to relatives, to children's homes, to jail! And that's not even the half of it!

I've never had much love or attention off my parents, as sad as it sounds, I used to have to go to my mate's house around their moms just to feel affection. Hahah boo boo. I know we all have it hard, but I really have. My life has been a massive rollercoaster, up down, up down. Better yet, let's call it a pogo stick lol.

On a more serious note, I have even been battling with mental health problems from an early age, and when my mom was murdered it really did send me wild. I'm talking wild! My mom was taken from me at the age of 16, I was so young I felt like I was to blame. I felt like the world was against me. I took to crime and was involved in a lot of street antics. I was caught in a trap. On my last sentence I was wound up and acting and behaving in a self-destructive manner. After hitting rock bottom I was left no other option but to make that change. I had hit a point where I was unpredictable to myself, and it scared me.

I remember saying to myself,

Is this what I've resorted to? Is this the rest of my life looking at four walls? I looked at some pictures of my kids and cursed and kicked myself harder than ever. I saw how selfish I have been and how much of a failure I have become with my actions. I cried and cried and punished myself with negative thoughts, smoking, fighting, no self-worth, nothing.

I remember being in the block and asking for a book, and guess what it was? Yep, LJ's Cell Workout. I read it and performed the workouts and I remember thinking I wish I could do this, I wish I could be part of something like this. But I thought it was unimaginable and beyond me. I returned from the block and had a leaflet pushed under my door from Serco Jobs. I rang the number and spoke to Chris and Ollie and told them I would join up. That's when I met Lyvonne. I sat and spoke to her and she signed me up. Not thinking anything of it but I got stuck in and committed and showed her I genuinely needed this. I climbed through hoops and was challenged daily from all angles. I was slated by a few of the boys and even the screws. I was attacked, betrayed and stabbed by so-called friends through envy. I didn't rise to it. I went through hell and back, and that was enough to show Lyvonne that I needed this. She saw something in me and gave me a chance. She saw that through a bit of

guidance I could prosper lol, not great things, which is where I am now. Now I work for Serco and have become a PTI. I've passed everything that has been thrown at me and more.

Lyvonne had been so pleased with my progress that she invited me to come back to Dovegate for a motivation speech and to perform a workshop. So I was at home one day and thought about LJ and emailed him. He replied, which I never expected from typing the first letters in my first email to him. To my surprise he arranged to call. I told him everything. I had time and invited him to a workshop in Dovegate which he kindly came to. This was amazing to me, a great achievement. I felt on top of the world. He asked me to be part of his team and I was so honoured. Since then we have travelled around prisons to deliver speeches, workouts and life lessons. Together we have helped many prisoners who have got lost on their journey. We continue to grow as a tribe and family and offer support and guidance to anyone within the system feeling there is no return, no chance of a good healthy positive life style. Look at me, if you were to see my NOMIS on the system and my nicking sheets then you would see that I was an active prisoner like a lot of others, but I turned it around. I'm no saint, no one is, and I still have it hard, really hard, to fight temptation, struggle, moan, and think at times 'f\*\*k this'. But then I remember how great I am, and how much life and achievement, and opportunities, experiences, and love I have yet to receive. And most of all I think how lucky I am. I have the chance to be a dad and a role model, a hero, a rock and a friend for my two angels who on so many close calls could not have had that opportunity.

Look past whatever is clouding your thoughts and vision. Destroyed and rebuilt I have nothing to prove to no one yet so much to prove to everyone. They say time will heal the us ... I'm waiting...

### TROY'S WORKOUT

WALKOUT PRESS UP WITH PLYO JUMP  
60 seconds on  
x 30 seconds off



SIT UP WITH ALTERNATING HEEL TAPS  
60 seconds on  
x 30 seconds off



PLANK UPS  
60 seconds on  
x 30 seconds off



SPLIT SQUAT JUMPS  
60 seconds on  
x 30 seconds off



CURTSEY LUNGES  
60 seconds on  
x 30 seconds off



REPEAT 6 TIMES

Photography by Tommy Banham & Federico Gangemi



## Cell Workout

# Fitness has changed my life

Continuing guest pieces by an LJ Cell Workout graduate



Robyn Lumas

Hi, my name is Robyn Lumas and I'm a 29 year old physical training instructor in the Army; from East London originally but I now live in East Sussex. Fitness has always been a big part of my life, competing for my county at the 800m track event in my school days. After leaving school I decided to give up athletics and got into the drinking and partying scene. However, I re-found my love for fitness again in my early twenties when I discovered how unfit I had become since leaving school and adopting that lifestyle. I went on a run with some of my friends in university and was struggling to keep up with them. From that day onwards I started running 5 times a week;

beginning with just half a mile without walking and progressively building the distance up weekly. I became addicted to the progress and it was a way of me relieving any stresses I was going through, as no matter what life issues I had I would always feel great after a run.

Soon after, I decided that although I enjoyed studying economics for a year at Aberdeen University, my true passion lay in fitness and that was the career path I wanted to pursue. So, after my first year of University I decided to get myself a job in a gym as a receptionist whilst studying to become a fitness instructor. Once qualified, I got myself a job at one of the Virgin Active Classic Health Clubs where I was working amongst people who were much more experienced than me, which was great as I learned a lot from them. This is where I got into all aspects of fitness, including weightlifting and bodyweight exercises. Like with running, I became addicted to the progress and the stress relief I got/get from training. Although I loved working for Virgin Active I wasn't earning all that much money at the

time so didn't see it as a job I could stay with long term. I then decided to join the Army, as I saw it as a career where I would feel good about supporting/protecting the country, whilst obtaining some qualifications to have greater earning potential in the future, whilst keeping fit.

I am now in my last year of service and in the process of pursuing my dream career as a self-employed Personal Trainer and group exercise instructor. Using the skills, qualifications and experience I have gained from University, Virgin Active and the Army.

Fitness has changed my life; it's been a coping mechanism for dealing with the bad upbringing I had and has now enabled me to pursue a career in which I can be self-employed helping people achieve their goals and change their lives for the better.

To anyone looking to have a more positive outlook on life, I would strongly recommend developing your body first through exercise and this in turn will allow you to improve your mindset.

### ROBYN'S WORKOUT

**Round 1**  
Mountain Climbers - 20 seconds



Rest - 10 seconds

Split Squat Jumps - 20 seconds Repeat 4 times.

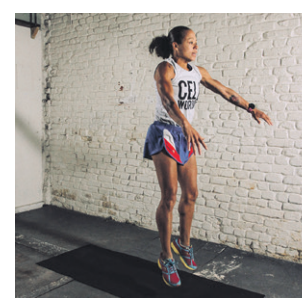


**Round 2**  
Russian Twist Sit-Ups - 20 seconds



Rest - 10 seconds

Sit Down Jump-Ups - 20 seconds Repeat 4 times.

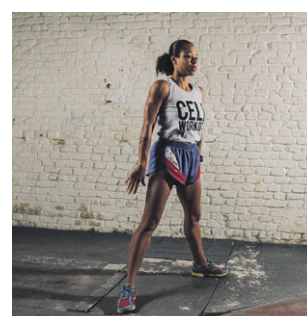


**Round 3**  
Elbow to Knee Crunches - 20 seconds



Rest - 10 seconds

Squats - 20 seconds Repeat 4 times.



Photography by Tommy Banham & Federico Gangemi



**Dillex Solicitors**  
Specialist in Prison Law  
&  
Criminal Defence  
Matters

Appeals (All convictions & Sentences)  
CCRC & Judicial Reviews

Parole, Adjudication  
Recall & Re-categorisation

Police Station/Crown/  
Magistrate Court Representations

Confiscation/Forfeiture

Do Not Hesitate To Contact Lucy Today  
Dillex Solicitors

107b Ripple Rd, Barking IG11 7NY  
TEL: 02085913351  
(24H) 07572086247

See our  
page in the  
'Jailbreak' section



**THE PRISON  
PHOENIX TRUST**

Head doing you in?  
Stressed out?  
Can't sleep?

Simple yoga and  
meditation practice,  
working with silence and the  
breath, might just transform  
your life in more ways than  
you think ... Interested?

Write to The Prison Phoenix Trust  
P.O. Box 328, Oxford, OX2 7HF.

We'd love to hear from you anytime and have  
several free books and CDs, which could  
help you build and maintain a daily practice.

**2019 WINTER SUPPLEMENT SALE STILL ON! INC. JUNGLE/HARDCORE CD PACKS!**

**GEMA RECORDS.COM**  
EST. 1975  
T: 01189 842 444  
E: GEMA@GEMARECORDS.COM

BEST WISHES FOR THE NEW YEAR  
FROM ALL OF US AT GEMA. OUR NEXT  
CATALOGUE IS DUE MARCH 2020.

Send a £2 payment to GEMA RECORDS, PO BOX 54, READING, BERKS, RG1 3SD to receive your own catalogue with a £2 voucher to use against your first order! Alternatively, ask a friend or relative to order on our website where they can also sign up to our email mailing list and be kept up to date with offers!

Boasting the exact same specification as the Xbox 360 'E' console, we can introduce the cheaper and better value for money Xbox 360 'S' console, available to order now! We have experienced an overwhelming demand of Xbox 360 'E' used bundles so have introduced this model as there are so many more of them available. Both of these used consoles have had their Wi-Fi component completely removed resulting in them not being able to access the internet.

**XBOX 360 'S'**  
4GB £159.95  
250GB £174.95  
+ 2+ FREE GAMES!

**XBOX 360 'E'**  
4GB £169.95  
250GB £184.95  
500GB £199.95  
+ 2+ FREE GAMES!

\*from a specific list

**2019 WINTER SUPPLEMENT SALE STILL ON! WHILST STOCKS LAST!**



# Cell Workout

## Rebuilding trust

Continuing guest pieces by an LJ Cell Workout graduate



Sarah Cronin

I am a runner and running coach from Kent who is passionate about fitness and the impact it has on both our emotional and physical health. Running has always made me feel good. Stress, worries and frustrations always disappear or seem insignificant after I've felt the rush of endorphins and the wind in my hair.

Marathons are my preferred distance, but the process of training is what I love the most. The longer runs provide a lot of time to process thoughts and conversely, the chit-chat and banter of running in a group makes the

miles tick by more quickly. The structure of training motivates me – crossing off sessions and building up to a goal mileage per week in preparation for a race.

I trained as an England Athletics Coach in Running Fitness and started my running group 'Scrambled Leggs' which focuses on intervals, hills and technique as I wanted to offer something a bit different to runners who want to improve their running but don't necessarily want to train within a club environment where they might feel intimidated or under pressure. I wanted runners of all abilities to realise that interval training and getting a little bit out of their comfort zone can bring huge benefits to both their physical fitness and their sense of wellbeing. Completing 400m intervals on a track definitely leaves you with a sense of accomplishment (and a burning set of lungs)!

Parkrun – free, weekly timed 5k runs (not races) every Saturday morning at 9am have become hugely popular across the nation and offer

runners and walkers a sense of community and motivation. There are now several of these available within prisons in the UK and I would love to start one up within a prison in Kent.

Seeing people grow in confidence and self-esteem through running is one thing, but the transformations I see in my work with offenders is inspiring and a privilege to observe. I work for a charity supporting people leaving prison with addiction issues. I meet one-to-one with HMP residents and then go to see their families on the outside in the build-up to their release. The idea of this is to support them with rebuilding trust, improving their relationships and build on their strengths so they can change the direction of their lives away from drugs and crime. A huge part of my support involves supporting people to start doing things to help their mental health; and getting active is always something I suggest. I hope to continue to help people both in prison and in the community to be the best version of themselves.

### SARAH'S WORKOUT

I start each running session with running drills, which often include some strength movements that are beneficial for most sports. Warm up

#### 1. 'A Skip' (high knees / arm drives) x 20 Each Side

This sprint drill is a skip with high knees. As you bring your leg down, finish with a slight pawing/scuffing motion as you pull backwards. Focus on initiating that pull from the glutes and the hamstrings. This will ingrain the backward pulling motion important for running propulsion into your muscle memory. Use the same arm motion during this drill as you use while running.



#### 2. Squat thrust 10 reps x 4 sets

Kick or step your legs back into a plank position. Jump or step your legs forward to a squat position and then back to a plank position whilst keeping a stable core.



'Obsessed is just a word the lazy use to describe the dedicated' Russell Warren (cricketer)

Photography by Tommy Banham & Federico Gangemi

#### 3. Inchworm 10 reps x 4 sets Shoulder and core strength

Stand with feet shoulder width apart, then bend at the hips and touch the floor with your fingertips. Keep your legs straight but maintain a slight bend at the knees. Slowly crawl forward with your hands until you are in a plank position and then complete a push-up. Keep a flat back position where your upper back is in line with your hips and heels. Perform a press up then crawl your way back to starting position by following the same pathway and try to keep legs straight.



#### 4. Hollow/dish hold 30 seconds x 4 sets Provides stability for other activities such as running and weightlifting

Lay on your back with your legs straight and your arms extended overhead. Lift your shoulders, arms, and legs off the floor. Keep your hands and heels as low to the ground as possible, while still pressing your lower back into the floor. Maintain tight abs and glutes. It's okay to bend your knees if straight legs are too challenging.



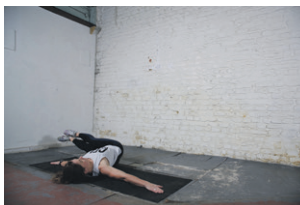
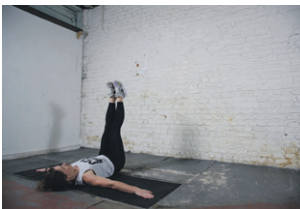
#### 5. Jumping lunges 10 reps x 4 sets Leg plyometric movements increase your power, balance and speed, helping to improve performance in your sport of choice

Start with a standard forward lunge. Stand with your feet hip-width apart, then take a big step forward and lower until both knees are bent at a 90° angle. From this position, push explosively off the ground, switching the positions of your legs while airborne so that you land and can immediately drop into another lunge but with the opposite leg forwards.



#### 6. Windscreen wipers 10 reps x 4 sets Core strength

Start by lying on your back with your arms out to the side and then lift your legs straight up – now lower your legs to one side and immediately return to the top position. Now lower your legs to the other side. This side-to-side motion is like windshield wipers tracking from 9 o'clock to 3 o'clock and back again.



### ASN LAW SOLICITORS

Anthony Stokoe  
Rasheed Nujeerallee

**Independent Prison Law Expert since 1994**

*'People Before Profit'*

**Continuing the Fight and Challenge Despite Legal Aid Cuts**

**Straight advice/representation for Male and Female Prisoners**

- Adjudications • Lifer/IPP Specialist
- Recall • Parole • Judicial Reviews
- Mental Health Law Expert
- Human Rights - European & International
- Cat A Reviews
- Pre-tariff Sift/Hearings

**Suite 8, Vine House, 143 London Road, Kingston KT2 6NH**

**020 8549 4282**

**NATIONWIDE SERVICE**

See our page in the 'Jailbreak' section

## THE PRISON PHOENIX TRUST

**Head doing you in? Stressed out? Can't sleep?**

Simple yoga and meditation practice, working with silence and the breath, might just transform your life in more ways than you think ... Interested?

Write to The Prison Phoenix Trust  
P.O. Box 328, Oxford, OX2 7HF.

*We'd love to hear from you anytime and have several free books and CDs, which could help you build and maintain a daily practice.*



# Cell Workout

## Up your game with Calisthenics

Continuing guest pieces by an LJ Cell Workout graduate



**Kat**

Hi, my name is Katrina N and I am a 28 year old personal trainer/rugby player and also a gymnastics coach. I'm not here to tell you how my past was or what I did etc coz the way I see it, it's totally irrelevant to me to you guys. All I

will admit is that yes, I made mistakes guys just like a lot of you sitting in HMP and personally, I chose to learn the hard way; stuck behind the doors of HMP. But hey, I have to admit that it did teach me valuable lessons. Right now, look where I am at! I'm here writing an article for both for my inmates and those unfortunate enough to still be stuck in HMP.

The most important thing guys is that I've got a special workout for you, totally unique and different from the rest of the gym guys who do normal sets and reps but wait for it, I am here to guide you through it!

Let's first get all those negatively expressed thoughts out of you coz I can relate to them

myself I know only too well how you guys feel but I'm here to help you ;)

So! My workout is based on Calisthenics because that's my speciality. I have competed in a few competitions to gain my title and I have 2018 second place champion male category in freestyle.

This year I'm trying to up my game, so for me the work never stops. I keep thriving and I know with a little patience and continuous practice, I'll get there on top!

So go check out my workout, try it, and I hope you enjoy it! Merry Xmas to you all.

*Photography by Tommy Banham & Federico Gangemi*

**CCRC**  
Criminal • Cases • Review • Commission

Prisoners in Scotland should contact; The Scottish Criminal Cases Review Commission, 5th Floor, Portland House, 17 Renfield Street, Glasgow, G2 5AH. Phone: 0141 270 7030 Email: info@ccrc.org.uk

## Kat's Workout

**Handstand Push Up**  
5-10 Reps x 3-5 Sets



**Handstand Hold**  
30-60 Seconds x 3-5 Sets



**Frog Stand Push Up**  
5-10 Reps x 3-5 Sets



**Handstand Push Up Against Wall**  
5 Reps x 10 Sets



**Handstand Push Up**  
5-10 Reps x 3-5 Sets



**PICKUP & SCOTT**  
Solicitors

Pickup & Scott cover the majority of prisons in the South East including but not limited to: HMP Bullingdon, HMYOI Aylesbury, HMP Woodhill, HMP The Mount, HMP Bedford, HMP Grendon & Springhill

We are able to assist with all aspects of prison law, including:

- Parole Board Reviews
- Recall to Prison
- Independent Adjudications
- Sentence Calculation

Members of the Association of Prison Lawyers

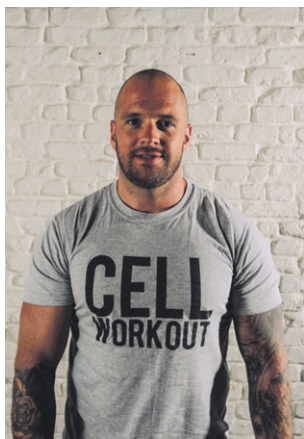
Please contact  
The Prison Law Dept at:  
Pickup & Scott Solicitors  
6 Bourbon Street  
Aylesbury  
Bucks HP20 2RR  
01296 397 794



## Cell Workout

# Fitness is the right track!

Continuing guest pieces by an LJ Cell Workout graduate



James Woodley

I'm a 33 year old personal trainer from Birmingham. Training/Fitness has been a big part of my life for the last 8 years after my brother introduced me to circuit training and running in an attempt to steer me back onto the 'straight and narrow'.

My first taster of jail was in 2008 and then sentenced in 2009 for a Section 20

wounding, for which I was sentenced to 2 years 6 months. During my time in jail I tried to use it the best I could. Not really knowing what I wanted to do at that stage, I enrolled on a bricklaying course whilst at HMP Blakenhurst (now Hewell) but unfortunately my education stopped there and I was then transferred to HMP Ashwell where I just worked and trained.

On release, I immediately started drinking and recreational drug taking which ended me straight back inside as I was on tag there was a brief spell on the run before I handed myself in.

By this point in my life it appeared I had a problem with alcohol once I started I couldn't stop; it was that simple and when I was on it I changed for the worse, making bad decision after bad decision. I was so consumed in 'self' it was massively

affecting all my friends and family around me but I just didn't care at the time. After a few more spells in jail, I finally threw in the towel and it was in 2012/2013 when I started to get help for my addiction.

My life has been far from perfect but I don't regret any of it as it's made me who I am today. In 2013 I was blessed with my daughter, who changed my life more than anything or anyone ever has. Whilst working in the construction industry and finding myself training all the time I decided this wasn't the career path I wanted to go down, so in early 2017 I successfully passed my Crossfit level 1 course and the following year my level 3 personal trainer course. I currently work in a rehab centre, treating addiction as well as personal training. I love what I do and get massive job satisfaction by helping others

achieve their goals; which in turn helps me.

Fitness has kept me on the right track now for years. I've taken part in a few marathons and ultra marathons and steadily ticked over, which has helped me live a clean and sober life. I have a real passion for what I do now. I came across Cell Workout on Instagram after following John McAvoy, who's also been a huge inspiration in my journey. I messaged LJ

Flanders, explaining that I loved what he does, and it took off from there. I have been involved in a few events with LJ and most recently HMP Brixton celebrated its 200th birthday and we have more in the diary which is amazing. I feel extremely privileged to be working with him and all the team.

By doing the right things on a daily basis my life gets better and better. I was very

uneducated when I was younger and looking back, I feel if there was something like Cell Workout around then there's a good chance I could have been steered in the right direction.

We have a new year ahead of us, so let's make those positive changes and make it our best yet!

Photography by Tommy Banham & Federico Gangemi

### James's Workout / 15 minute AMRAP (As Many Rounds As Possible)

Press Ups  
x 5 Reps



Butterfly Sit Ups  
x 10 Reps



Squats  
x 15 Reps



## RECONNECTING WITH GOD

**At the beginning of this New Year, do you need to reconnect with God?**

One of the best known stories that Jesus told is *The Parable of The Prodigal Son*.\*

In case you are not familiar with it, it is the story of two sons. The younger son asked his father for his share of his inheritance: he wanted to leave home and enjoy life. His father agreed although no doubt worried that his son would squander his inheritance.

And, needless to say, that is precisely what happened. When desperate, the son swallowed his pride and made his way home, hoping that his father might take him back as a servant.

\* You can read this parable in Luke chapter 15 verses 11-32

The Bible tells us that, even when he was some distance from home, he was spotted by his father - obviously looking out for him - who ran to greet him. There was no lecture, just a hug. And did he take him on as a servant? No, of course he didn't. He welcomed him home as a son.

Jesus was teaching that, like the father, God longs to welcome everyone who will choose to come back to Him.

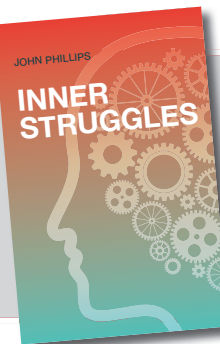
So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms round him and kissed him.

Luke 15:20

*God longs to welcome everyone who will choose to come back to Him.*



Whether you have been away for three years or for twenty or even longer and wherever you have been and whatever you may have done, why not ask God to receive you back as His child?



If you have never had God in your life, why not write to us?

We would love to explain what it means to have a personal relationship with God and provide you with a copy of our book, *Inner Struggles*.

**BeaconLight**

If you would like to know what it means to have a personal relationship with God, please write to us:

BeaconLight Trust, PO Box 91, Banstead, Surrey, SM7 9BA



## Cell Workout

# 'An incredible opportunity'

*Rebuilding life one rep at a time*

The second of guest pieces by an LJ Cell-workout graduate



Gavin Etchell

I am a 38 year old Personal Trainer from the Rhondda Valley in South Wales. Sport has always been a big part of my life, from playing football and rugby when I was younger to using the gym, doing MMA and snowboarding and most recently getting into CrossFit through my friend Sam Childe, who is currently serving a life sentence that I met during my time at HMP Parc.

I spent a total of nine and a half years in prison, the most recent was a nine year sentence for conspiracy to supply class A drugs and possession of a Taser. Although I am not proud of the period in my life where I committed these

offences, I have learnt valuable lessons from my mistakes and wouldn't be where I am without these experiences.

During my sentence I took advantage of courses available to me and became a qualified chef, but my main passion and goal has always been to do with sports and fitness. I ran and participated in circuit classes and worked in the prison gym for the past 3 years, having the opportunity at Parc to gain level 1+2 fitness and nutrition, then my personal training qualification. The last 11 months I served in HMP Prescoed, which is an open jail, working with Cardiff City FC Foundation which allowed me to obtain my current job at PureGym Cardiff Central, setting up my own business within the fitness industry. I was also lucky enough to meet and become friends with LJ Flanders, who is the founder and author of 'Cell Workout'. I have been able to participate in some of his projects, including going back into Parc to run circuits for prisoners and staff as well as being part of the HMP Brixton 200th anniversary street party.

This has been an incredible opportunity as I feel it is

something I was born to do. I am passionate about the fitness industry and I am committed to improving the health and wellbeing of myself and others. With the passion I have for sports, I decided it was time to give something back and start helping others to reach their desired goals and targets. I am turning my life around and I'm still on the journey to be the best version of myself I can be while helping other people do the same. Whether it's leaner, fitter, stronger, lighter, heavier or just healthier, I use my experience and evidence based training techniques to help people achieve their goals.

I have been so lucky to meet some amazing people at the right time in my life. It is hard, with a lot of hurdles along the way, but if you want it enough you've just got to stick at it because it is possible. Don't let anyone else put you down or drag you down everyone deserves a chance to better themselves. As long as you are willing to work hard to push for something positive then there is no reason you can't succeed as well. I'm rebuilding my life one rep at a time, this can happen for anyone, including you!

## Gavin's Workout

Each exercise is a full body complex made from combining multiple individual movements/exercises into one flowing motion that challenges strength, balance and coordination. The exercises have been broken down into each individual step but should be performed fluidly as one, all steps combined is one rep, repeat for the full time to get as many complete reps as possible.

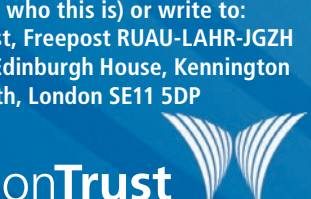
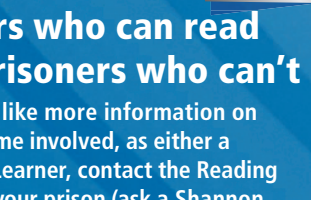
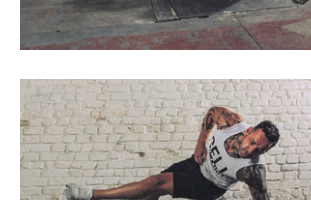
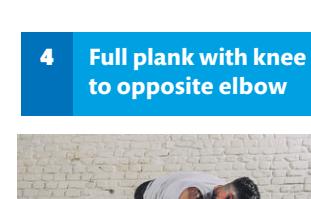
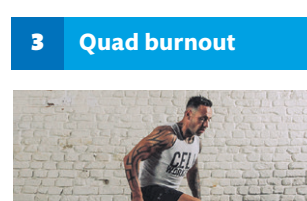
**FULL BODY BURNER: 25 Minute AMRAP (as many rounds as possible) 5 reps of each of the 5 exercises, work your way down and back to the top, work continuously with as little rest as possible.**

*How many rounds did you complete?*

### 1 Lateral burpee



### 2 Plank complex



**2019 WINTER SUPPLEMENT OUT NOW! "FRENCH MONTANA - MONTANA" £11.50**

**2019 WINTER SUPPLEMENT AVAILABLE NOW INCLUDES XMAS SALE!**

**GEMA RECORDS.COM**  
EST. 1975  
T: 01189 842 444  
E: GEMA@GEMARECORDS.COM

Send a £2 payment to GEMA RECORDS, PO BOX 54, READING, BERKS, RG1 3SD to receive your own catalogue with a £2 voucher to use against your first order! Alternatively, ask a friend or relative to order on our website where they can also sign up to our email mailing list and be kept up to date with offers!

Boasting the exact same specification as the Xbox 360 'E' console, we can introduce the cheaper and better value for money Xbox 360 'S' console, available to order now! We have experienced an overwhelming demand of Xbox 360 'E' used bundles so have introduced this model as there are so many more of them available. Both of these used consoles have had their Wi-Fi component completely removed resulting in them not being able to access the internet.

**XBOX 360 'S'**  
4GB £159.95  
250GB £174.95  
+ 2\* FREE GAMES!

**XBOX 360 'E'**  
4GB £169.95  
250GB £184.95  
500GB £199.95  
+ 2\* FREE GAMES!

\*[from a specific list]

**MASZ PROBLEM Z PICIEM?**

**ANONIMOWI ALKOHOLICY MOGA CI POMÓC**

Zadzwoń lub napisz:

**020 3916 00 97**

Poniedziałek - Piątek 19.00 - 21.00

Sobota i Niedziela 17.00 - 21.00

pik.aa.london@gmail.com

www.aa-pik-wielkabrytania.org.pl

ALCOHOLICS ANONYMOUS POLISH SPEAKING HELPLINE

## TurningPages

### Prisoners who can read teach prisoners who can't

If you would like more information on how to become involved, as either a Mentor or a Learner, contact the Reading Plan Lead in your prison (ask a Shannon Trust Mentor who this is) or write to: Shannon Trust, Freepost RUAA-LAHR-JGZH Studio 1.15, Edinburgh House, Kennington Lane, Lambeth, London SE11 5DP

ShannonTrust





## Cell Workout

# Doing it the right way!

*'Every piece of the puzzle made me'*

The first of guest pieces by an LJ Cell-workout graduate



Dario Marini

I went to prison at the age of 22 having been sentenced to 8 years for intent to supply Class A and possession of a firearm. Prior to prison, I could never put my finger on what I wanted to do. I worked at a number of jobs, including labouring, binman, laying tarmac, lorry driver and recruitment consultant. Without hardly any education, experience, or sense of direction in the real world, I was really a 'ho no eí. But because of the nice cars, watches and fancy address, I considered myself a success. With a couple of near misses of prison as a youngster, I was in and out of crime my whole life until I finally went to prison.

I flew around the world and spent money like it was going out of fashion. I've had it all, lost it all, and now I'm picking up the pieces. After spending 4 years in prison, it is now 4 months since my release and when I look back at the time I spent there, it feels like it went so quick, but the truth is that it was the opposite. I packed my bags and moved over 15 times, and I have had at least 20 cellmates. From idiots to spice heads, crack heads and soap dodgers. I've been kicked out of jails and brought back again. I've gained privileges and I've lost them. I've stuck by the rules and I've broken them; but at the end of it all, every piece of the puzzle taught me a lesson and made me that much wiser.

When I look back at how I was as a person prior to

prison, and what I used to aspire to, I'm embarrassed but I don't regret the mistakes I made because they made me the man I am today. Although there is one thing that has never changed about me and that's my drive and my ambition. I spent the first 6 months of my sentence acting the same as I did on the outside, but after being sentenced to 8 years I was caught with a phone and given an additional 24 days. I spent 3 weeks with no TV, no tobacco and doing 23 hours a day locked down in my cell. What kept me sane in those 3 weeks was not only training my body but also training my mind.

I was only allowed access to the library and although I had only ever read one book in my life, I leapt at the chance and grabbed as many books as I could. I spent the next 3 weeks doing pressups, burpees, situps and reading. By the time I came off 'Basic', I had stopped smoking, I was in good shape and I was deep into Alan Sugar's autobiography. That day they gave me my TV back and it's funny because to this day, 4 years later, I never turn it on, unless it's the news with my coffee in the morning or Match of the Day.

*“By the time I came off basic, I had stopped smoking, I was in good shape and I was deep into Alan Sugar's autobiography.”*

Those 3 weeks paved the way for my rehabilitation and it was then that I decided I wanted to further my education. After leaving school with one GCSE (in Italian), I knew I had to use my next 4 years playing catch-up. I loved the idea of starting my own business and entrepreneurship really interested me. It was about the only thing I knew I was good at, even though I had done it all

the wrong way. So I applied to do a degree with the Open University and the requirements I needed to apply was a minimum of A-levels and some proof of education. Seeing as it is so difficult to get most things sent into the prison, I managed to bypass that criteria and when my books arrived I didn't know what I had let myself in for. At the time my Maths and English was at a high level 1, which is pretty poor.

So I started doing education and got my level 2 in Maths and English whilst studying alongside my degree. I used to stick all the long, difficult words I didn't know on my cell wall and learn them one by one. A paragraph used to take me 20 minutes to translate, as formal spoken English was a foreign language to me. I finished my first year with a modest 69/100, I was gutted I didn't get the 70 but for someone with no education it wasn't too bad. This made me realise I was capable of anything I put my mind to and in the second year I opened my degree and studied Italian too. I spent the rest of my sentence training, studying, and doing every course available to me. As I mentioned earlier, I left prison 4 months ago a qualified personal trainer, a confident speaker of Italian, half a degree and what I consider to be a qualified chef.

I am now the proud owner of a successful and thriving business and although it has taken a knock-on effect on my education, I felt I had to make the right decision to follow my dream. I still train regularly but I did not follow a career path as a personal trainer. However, if it wasn't for training, studying and keeping motivated through the most difficult period in my life, I think I may have lost my sanity. There are some great opportunities in prison but they don't come to you, you have to go and get them. I came to prison a 22-year-old boy and I have now left a 27-year-old man. I think I'm finally ready to have my life back and succeed but this time to do it the right way!

## Dario's Workout

### Flutter Kicks

30 seconds on, 15 seconds off till exhaustion.



### Wall Sits

Till exhaustion



### Lateral Press Up Variation

1 minute on, 1 minute off till exhaustion.



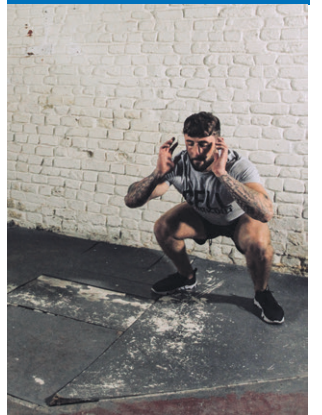
### Increased Intensity Burpee Variation

30 seconds on, 15 seconds off till exhaustion.



### 4 Point Plyo Squat Jump

1 minute on, 1 minute off till exhaustion.



## MCIVOR • FARRELL Northern Irish Solicitors

- Criminal Appeals (Sentence or Conviction)
- Parole Hearings
- Proceeds of Crime/Confiscation Hearings
- Police Interviews under PACE throughout NI and in Prisons
- All Criminal Defence Cases
- Judicial Review & Human Rights Cases
- Family Law
- Injury Claims within the Prison
- Welfare Issues
- Prison Visits Arranged within 24hrs

### WE'RE HERE TO HELP

Please call us on  
028 9023 7053 or 028 9032 4565  
or write to us at

129 Springfield Road  
Belfast BT12 7AE

IT'S THAT SIMPLE!!

office@mcivorfarrell.co.uk

www.mcivorfarrell.co.uk

Lexcel





184 Cheetham Hill Road, Manchester, M8 8LQ



# Cell Workout

## Get the body you want Inside & Out



### Education and Employment Strategy

The Ministry of Justice has just released an Education and Employment Strategy. A plan to put prisoners on the path to employment.

To coincide with the release of the strategy I was invited to sit on the couch on the BBC Breakfast Show, to share my experience of trying to find work when I got out of prison. Whenever I get the opportunity to speak publicly about my work I know I am representing you guys/people in prison and those who have been released. I have seen and felt public opinion towards ex-offenders definitely improve in the 6 years I've been out. But with only 17% of people finding employment, it's no wonder reoffending rates are so high. This recent strategy to get more ex-offenders into employment recognises the need to improve on getting them into work.

I spoke to the BBC presenters about when I was applying for a job in my local gym and my apprehension when I had to tick the box declaring my criminal record. I thought that it would ruin my chances of getting an interview. When I handed in my application form I asked if I could speak with the Manager, I wanted him to meet a person, to look beyond my conviction. I did get that interview and he said he

appreciated my honesty and: "Who am I not to give someone a second chance? I got offered the job as Personal Trainer and made sure he did not regret his decision."

I also remember the fear I felt in prison wondering how would I get a job? Who would employ me with a conviction? I decided that I had to do what I could to improve my chances. For me it was getting my Personal Trainer qualification in prison that made all the difference and got me into work.

But effective rehabilitation needs the learner to engage in the opportunities on offer. I do believe and agree that education is key, so do what you can to get yourself that second chance.  
L.J.

### The Education and Employment Strategy vision in brief

- To put prisoners on a path to employment;
- It recognises that improving employment opportunities starts with education;
- Governors having more autonomy over education courses;
- The aim is to ensure that offenders leave prison with the basic skills needed by employers, relevant and required to finding work;
- Acknowledges the importance of jobs in prison to gain that all important work experience;
- Aims to forge better relationships between employers and prisons by expanding the use of work placed ROTL to build trust and allow a person to prove themselves with an employer;
- To create job opportunities by persuading more employers to employ ex-offenders;
- Break down the barriers and prejudices often faced by ex-offenders trying to find a job;
- For prisons to be a place of hope and aspiration.

### 'Get Off The Bunk Bed' workout

We all have those days. But sometimes, all you need to feel better is a little movement. So if you're feeling restless and like you want to move a little, without having to go all the way to the gym, take 10 minutes in your cell and do this instead.

The Workout:  
1. Squats, 2. Full Plank Single Knee Tuck, 3. Lunges, 4. Vertical Toe Reach

Rest 30 seconds

5. Star Jumps, 6. Close Grip Press Ups, 7. Heel Taps, 8. Reverse Table Top

Perform each exercise for 30 seconds. Complete the workout 2-4 times.



TurningPages

Prisoners who can read teach prisoners who can't

If you would like more information on how to become involved, as either a Mentor or a Learner, contact the Reading Plan Lead in your prison (ask a Shannon Trust Mentor who this is) or write to: Shannon Trust, Freepost RTKY-RUXG-KGYH The Foundry, 17-19 Oval Way, LONDON SE11 5RR.

ShannonTrust



***Get the body you want Inside & Out***



My incentive here was to raise money for a good cause, and people tend to donate when they see someone putting the effort in and pushing themselves.

We should all be thinking about how we can push ourselves out of our comfort zones this year: some



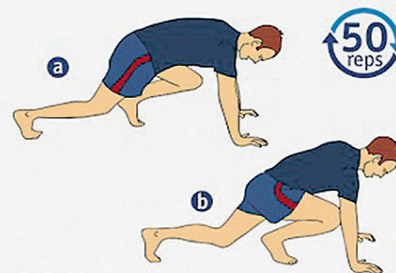
To the right is a bodyweight training challenge to get you started


LJ

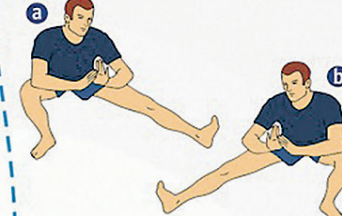
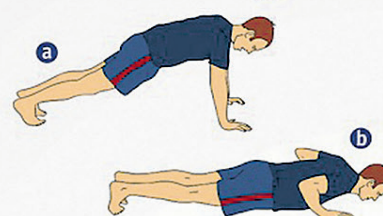
# 500 Bodyweight Workout Challenge

**Challenge Your Cardio, Increase Your Mobility, Shape Your Core, and Develop Your Strength.**

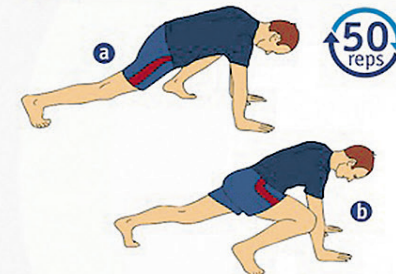
**2 Jump Squats**  **50**



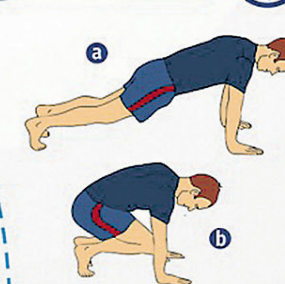
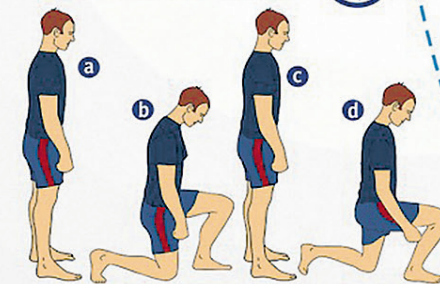
**4 Cossacks** 



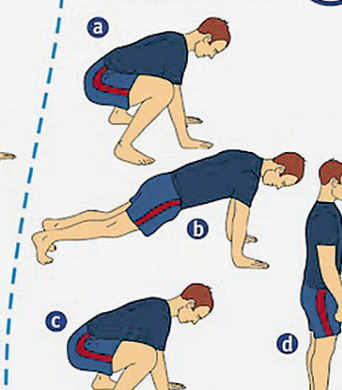
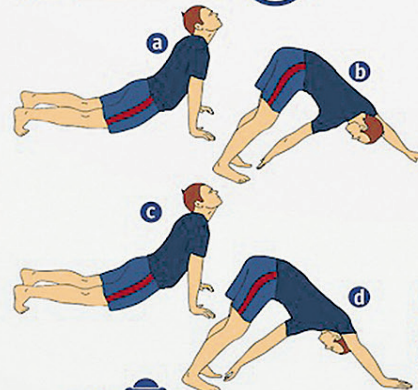
**6 Y Squats** 



## 8 Squat Thrusts



**10 Burpees**  **50**



Current  
Record

11:31

min sec

**Take your time, progress slowly and enjoy the workout.**

☐ 883-88a      ☐ 0.    ☐ ☐ / 8

8230/ □- / 528 □/ □ 6- □40/ □( □/ 34  
4 & 0-□□& □/ □ 04) 82 □54 02483

- ☒ **Personal Injury (accidents both in and out of custody)**
- ☒ **Police Assault**
- ☒ **False imprisonment or Malicious Prosecution**
- ☒ **Negligence**
- ☒ **Compensation for Childhood Abuse in Care**
- ☒ **Mistreatment or Assault by Inmates or Prison Staff**
- ☒ **Claim for delay in Parole hearing and review**

0/4 4 2 883  
883-88 0. 8  
3-07 0 3528  
83482

. 2, 883-8830-4023 0 5,  
 777 883-8830-4023 0 5,  
 40/7 83826 8 6-8 / 824 / 383  
 8/ 6-8

[illegible]



# Cell Workout

## Get the body you want Inside & Out



### Penned Up

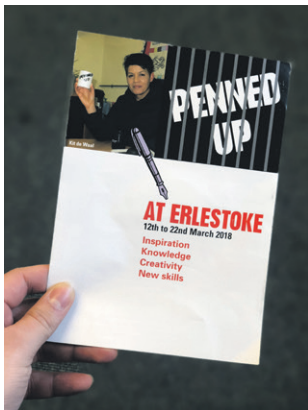
It was good to visit snowy HMP Erlestoke in March to kick off the second week of Penned Up. So what is Penned Up?

Patron of reading at the prison and organiser of the event David Kendall explained Penned Up is a unique arts festival. Unique because it takes place over two weeks in a chosen prison, and unique because prisoners are involved in its organization.

Prisoners form the majority of the festival committee charged with nominating speakers, writing to them, deciding venues within the prison, working on the text and design for publicity materials, introducing and interviewing speakers, and chancing the million other details that make up a festival!

Sitting on a committee alongside education and library staff and a creative team from Lewes Live Literature, men

had the chance to reach out to personal heroes such as Billy Bragg, or draw inspiration from the arts events they had enjoyed in other prisons while planning the event.



A category C prison, Erlestoke has a large proportion of lifers and men on IPPs and the committee wanted some of the speakers to be people with convictions, who could show that a different life was possible, and who could be inspirational without telling people what they should do.

Honesty and openness is what

has made the events stand out including journalists Erwin James and Noel Smith, speaking about the challenges they have faced inside and outside prison.

I was more than pleased to be asked to go in and take part. Starting with 2 sessions in the prison gym for an hours work out, demonstrating exercises from Cell Workout, we followed on with a Q&A and T-shirt giveaway.

The regime at Erlestoke allowed Penned Up to put on multiple events in the same day, so people could choose which event they wanted to attend. The whole idea behind the festival was to generate a buzz and debate, and break up the usual regimented timetable. People went from saying 'Why on earth should I go to any of these?' to 'Which one can I go to next?'

I sat chatting with a man I'd seen at several of the events and asked him what he'd got out of the festival. 'To be honest. I just went to see everything I could,' he said. 'I've just got some bad news, and having this over these two weeks has really helped me focus on more positive things.'

I was really impressed by the event and thought what a good idea it was, especially how the men got to be so involved.

Congratulations to the person who won a copy of the book for writing the best review of the festival! L.J.

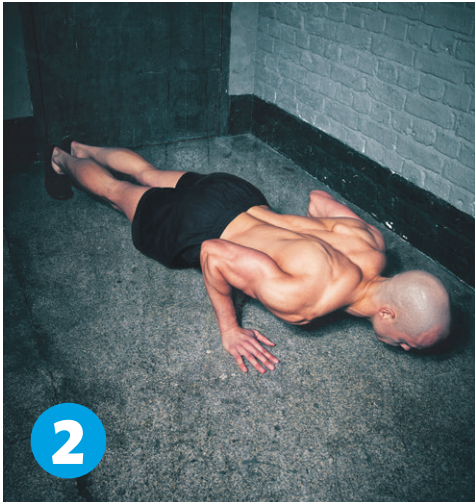
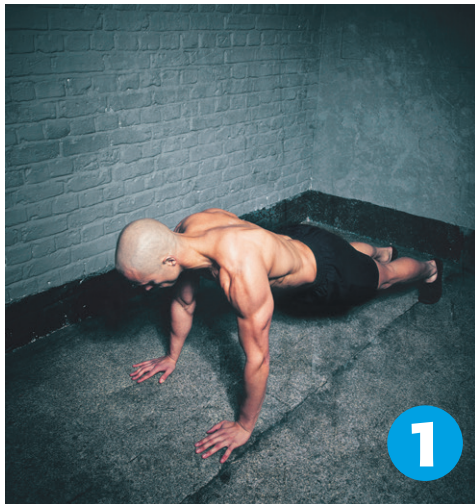
*"Thinking 'here goes nothing' could be the start of everything."*  
Drew Wagner

### 7 X 7 Workout

How long can you stay in position for?

Take the 7 exercises below and hold each one for 60 seconds. No rest in-between. Change the exercises to suit your level and remember to breathe!

1. Full Plank
2. Plank
3. Right Side Straight Arm Plank
4. Left Side Straight Arm Plank
5. Reverse Table Top Hold
6. Aeroplane Hold
7. Bent Arm Plank



## ON YOUR SIDE

Being on your side is one thing. Fighting your corner is another. We do both.

- Miscarriage of Justice experts • Defending false allegations • Crown Court advocacy
- CCRC applications • Prison law specialists • Parole applications • IPP and Lifer reviews
- Adjudications • Recalls • Sentence progression

We offer Legal Aid and Fixed Fees along with a nationwide service. For more information contact us using the details below.

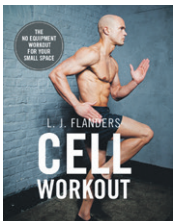


Changing the way you see lawyers.

01302 365374 www.qualitysolicitors.com/jordans

4 Priory Place, Doncaster, DN1 1BP

Led by Mark Newby Solicitor Advocate with a relentless record of quashing convictions.



### 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](http://www.cell-workout.com)







# Cell Workout

## Get the body you want Inside & Out



### The Voice Of The Ville

December 2011 was definitely a low point in my life as I was spending my first Christmas in jail. After a trip to the library I picked up a copy of 'The Voice Of The Ville' Christmas special. I read an article by one of the trainee journalists, Fabian. It was called 'Active career for the New Year' and it explained how the PE Department were running the Active IQ Level 2

Gym Instructor and Level 3 Personal Trainer courses. Being accepted onto the course was the turning point, when things started looking up and my bleak outlook on my time in prison changed.

It may sound weird but 5 years on, it's always a pleasure to go back into HMP Pentonville where it all began, this time being invited back by the Journalism team to feature in the April issue of VoV.

The Voice Of The Ville started back in 2007 and was

revamped in 2017. The aim of the magazine is to bring a fresh approach, new ideas and hope, based on real life stories. Their readership is diverse and they try to reach as many readers as possible. VoV is filled with advice, news, debate, interviews, opinion, stories, artwork, and poetry all written by prisoners. The interviewees are chosen based on their life experience after prison. The message here is that there is life after prison.

Helena Baptista is the Journalism tutor and Voice of the Ville magazine coordinator at HMP Pentonville. She has been working in prison education for the past 10 years as a sessional/part-time tutor. A degree in Public Relations and Advertising, an Honours degree in Humanities, along with her work experience in other settings, including the Arts and design, enables Helena to bring a fresh approach to prison education.

For some of the men who con-

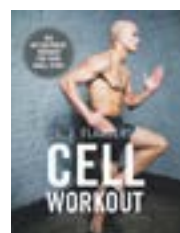


tribute, it is the first time in that they have had a go at writing and there are clearly some very talented people, who only found out about their skills when they joined the Journalism class. They also have the occasional poet, petrol head, football fan, art lover, chef and their contribution to the diversity of the magazine is invaluable. From this some decide to further their education by enrolling onto a distance learning course. And

some, for the first time, feel compelled to start reading.

As one man, who had a story published in the VoV, said 'I look forward to Monday because your class makes me feel alive. This is the first time I've done something I'm really proud of.'

Doing something you're proud of in prison can make a big difference to your confidence, morale and outlook. Who knows what you can go on and achieve? There is life after prison.



### 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.

Price: £16.99 ISBN: 9781473656017  
Publisher: Hodder & Stoughton  
[www.cell-workout.com](http://www.cell-workout.com)

### The 10 to 1, no-rest method

#### How it works

The circuit designed here doesn't let up. When you train any squat variation, plus the pull up and the dip, you work nearly every muscle in your body, and your heart will race to supply them with blood and oxygen. Perform all exercises and sets back to back - 10 to 1 - decreasing the number of reps after each set. This will help you keep the workout going even as you get fatigued. It'll also get you leaner, and build endurance.

#### Directions

Perform the exercises as a circuit, completing a set of each in turn and resting as little as possible between sets. Repeat for 10 circuits (until you're doing only one rep).

#### The Workout

1. Jump Squat - 10 to 1- reps
2. Pull Up - 10 to 1- reps
3. Dip - 10 to 1- reps

HMP Rye Hill are completing a 'Veterans in Custody Awareness Challenge' on the 7th May concluding on the 8th May to coincide with VE day. Together, their veterans in custody aim to highlight the challenges many veterans have faced transiting to civilian life and within the criminal justice system by:

- **Cycling the distance from London to Paris via the Battlefields of the Somme WW1 - 284 miles**
- **Rowing the distance from Dover to Dunkirk - 47 miles**
- **Running/marching the distance from Normandy D-day Beach landings to Paris - 158 miles**

In doing so, HMP Rye Hill will also be raising money for Galanos House a local British Legion Care Home with a specialised Dementia care wing, with the support of SSAFA the Armed Forces charity.

They further aim to promote unity, integration and peace within their establishment, including all ages, abilities and social backgrounds. HMP Rye Hill challenge all prisons to join them in raising awareness of Veterans in Custody, whilst raising money for a veterans charity of your choice.

## Can you beat their time?!

Is there another way your staff and veterans in custody could raise awareness and money for charity in May?

Coordinated by the Ministry of Defence Covenant funded IOM Cymru SToMP project, every prison in Wales is organising a series of events throughout April and May with and for Veterans in Custody. These will include fundraising for local veteran charities, donating to local food banks and celebrating Armed Forces Day 2018 with staff, their families and the wider armed forces community in Wales.

As part of these events, they will replicate HMP Rye Hill's 'Veterans in Custody Awareness Challenge.'

HMP Berwyn, HMP Cardiff, HMP Parc, HMP Prescoed, HMP Swansea and HMP Usk have accepted HMP Rye Hill's challenge...

## Will you?

**For more information or to register your interest**

[peter.bates@uk.g4s.com](mailto:peter.bates@uk.g4s.com)

[Wales.SToMP@probation.gsi.gov.uk](mailto:Wales.SToMP@probation.gsi.gov.uk)



# Cell Workout

## Get the body you want Inside & Out

### The truth about New Year's resolutions

Last month no doubt many of us made New Year's resolutions, perhaps to stop smoking, lose weight, exercise more, think positively?

So how is it going? Usually after a few weeks, we start slipping a bit. Then we get frustrated, or complacent and often abandon them altogether. Research shows that fewer than 20 percent of New Year's resolutions are successful.

What we don't want to do is set ourselves new (or the same) resolutions every January only to fail by February or sooner.

The first step is to set goals on how to stick to making those changes.

- Be realistic about what you are hoping to achieve.
- Inspire yourself by setting goals that are really important to you.
- Work out what you need to do to achieve your goals and trust that it's a long term process.
- Recognise the small steps it takes to get towards achieving your goals and celebrate your achievements.

Following small steps will definitely help you achieve the changes you have set for yourself. If you are new to exercise, start with 15 minutes a day. Meditate for 10 minutes. Smoke one less cigarette. Make changes to your diet, introducing healthy options gradually. Read a chapter of a book instead of watching TV, make your bed in the morning.

If we increase gradually the changes we are making and see the improvements, we are much more likely to stick with it than if we go all out in the beginning only to stop completely a few days later because it's too difficult.

Substitute good habits for bad. Where possible get support and encouragement from other people, and offer support to others.

Change isn't easy but taking it slowly can bring lasting results. Some days you will have set backs but make sure you get back on track as soon as you can.

Make this the year that you achieve your goals.

L.J.

**"The secret of getting ahead is getting started"**

## Kesar & Co SOLICITORS

SPECIALISTS IN PRISON LAW, PAROLE DELAYS, EQUALITY CLAIMS, PERSONAL INJURY, CLINICAL NEGLIGENCE, IMMIGRATION, CRIMINAL APPEALS AND DEFENCE.

### CRIMINAL DEFENCE SPECIALISTS:

1. Offences committed in prison
2. Historic offences
3. Extradition

### PAROLE

We are the Parole Hearing specialists with experience totalling more than 25 years! We will get you an oral hearing and work with you to ensure that you can either progress or get released. In special cases we take active steps to have you released into rehab as an alternative to open conditions.

We specialise in difficult cases for lifers and IPP prisoners and, when possible, we do not hesitate to challenge refusals by applications for judicial review.

### APPEALS

If you feel that your defence team did not do enough or that your sentence is unduly harsh, maybe our team can review your case? We have an experienced and dedicated team who have successfully appealed a number of cases at the Court of Appeal.

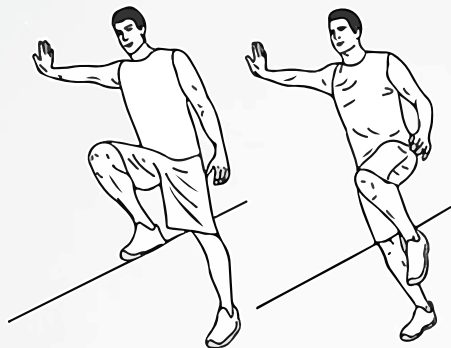
### COMPENSATION CLAIMS

We can assist with claims for parole delay, personal injury, clinical and dental negligence as well as claims based on age, disability, religion, race, sexual orientation etc. No win-no fee and legal aid available.

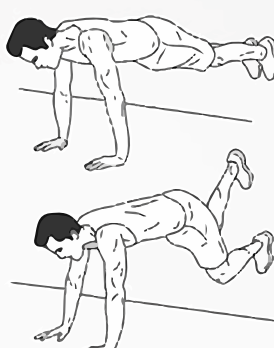
Contact us in writing at: Kesar & Co Solicitors, 2nd Floor, 20-25 Market Square, Bromley, BR1 1NA  
Or by telephone on: 020 8181 3100

Registered with email prisoner

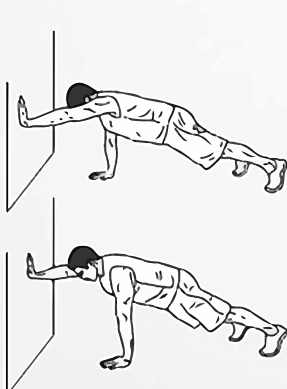
# wall {hugger}



40 lateral wall run



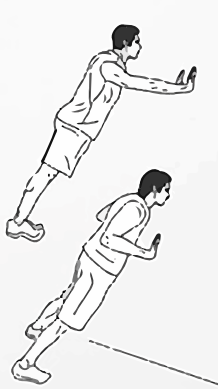
40 wall raised mountain climbers



30 plank wall-touches



45 sec wall sit

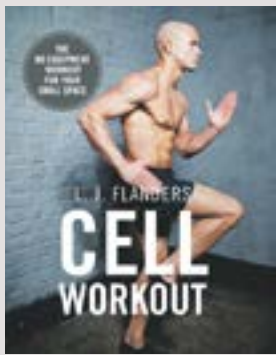


10 wall push-ups

sets level I 3 sets level II 5 sets level III 8 sets rest between sets up to 2 minutes

© Neila Rey

neilarey.com



### 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](http://www.cell-workout.com)

SOLICITORS

# REEDS

Our commitment and service to you, does not stop when you leave the dock. Reeds solicitors are dedicated to providing legal expertise along with unparalleled client care. This service also includes issues you may experience in custody.

Our Prison Law Team are able to offer advice and assistance under the Legal Aid Scheme for the following issues:

○ Determine/ IPP Recall ○ Parole ○ Independent Adjudications ○ Sentence Calculations

Our experienced Solicitors also offer competitive fixed fees for general Prison Law matters including:

○ Re-categorisation ○ Sentence Planning ○ Pre-Tariff Sifts

Contact our team now by calling 01865 592670 or write to us calling our Freepost address:

RTXS-CHLX-SYRC - Reeds Solicitors - 403 Silbury Boulevard - MILTON KEYNES - MK9 2AH

SOLICITORS

# REEDS



# Cell Workout

## Get the body you want Inside & Out

### A Landmark Year

So here we are at the end of another year, and like most people it is a time for reflection. Was it a good year? Did I achieve what I hoped to? What is the coming year looking like?

Part of having your own business is not knowing how things will develop. As I’ve found this can bring a lot of uncertainty, but that’s how it has been for the last five years since I left prison.

Each step of the way I’ve not known what to expect and had to find out as I go along, taking one step at a time. Getting the book finished was a pivotal moment and at that time I didn’t know where that would lead. Then this past year, I have focussed on developing the Cell Workout Workshop.

This time last year I was preparing to start work in HMP Wandsworth. I can’t deny that I was nervous. I had a vision of how the Workshop would work, but how would the men and staff respond to me? As an ex-offender going back in, lots of people were putting their trust and belief in me and I didn’t want to let them down. I was determined to make it work and the evaluation of the Workshop shows that the response and the results exceeded my expectations.

The year certainly ended well, in November I was amazed to receive 2 awards in one week – The Prince’s Trust Enterprise Award East of England 2017, and the Criminal Justice Alliance Outstanding Individual of the Year 2017.

But whilst my name is on the awards, it has all been made possible by the continued help and support of all those people who have been around me and helped it succeed. I can’t thank you all enough.

So now what? Now it’s time to plan the next steps. What’s in the pipeline for 2018?

I hope to expand the Cell Workout Workshops into other prisons, being delivered by serving Cell Workout assistants in conjunction with prison staff. This would give more people in prison the opportunity to be encouraged to feel the positive benefits of exercise and personal achievement, to prepare for an optimistic 2018.

Also the designs are coming along nicely for the Cell Workout Athleisure range which I hope will hit stores next year. I’ll elaborate more when I have news of how it’s going.

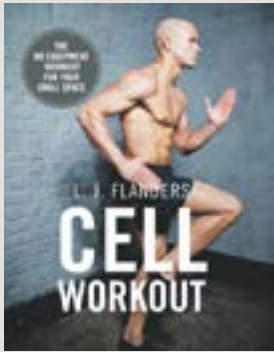
But the main aim for 2018, which is the most important, is to employ people leaving prison as Cell Workout Trainers, for work in the community. Giving people the second chance the manager at Virgin Active gave me.

So plenty to be getting on with, and as ever, more challenges and uncharted territory to get stuck into.

Finally, I would like to wish you all a positive, healthy and happy new year. If ever there was a time to get planning for your future, it was yesterday.

L.J.

“Life is uncharted territory. It reveals its story one moment at a time”. Leo Buscaglia



**Cell Workout by L.J. 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](http://www.cell-workout.com)

# Bodyweight Exercises

BY NEILA REY @neilarey.com

abs	quads	glutes	triceps	biceps	back	chest
sit-ups	lunges	squats	close grip push-ups	leg curls	pull-ups	push-ups
reverse crunches	high knees	donkey kicks	tricep dips	chin-ups	elbow lifts	plank rotations
bicycle crunches	turning kicks	bridges	tricep extensions	doorframe rows	superman	chest squeezes
flutter kicks	climbers	jump knee tucks	get-ups	body rows	star plank	shoulder press
leg raises	plank jump-ins	fly steps	punches	sitting pull-ups	alt arm/leg plank	shoulder taps
elbow plank	lunges step-ups	side leg raises	side-to-side chops	pseudo planche	full arch	clapping push-ups



# Cell Workout

## Get the body you want Inside & Out



LJ: Reflections from South America

LJ Flanders

### Anniversary

On the 25th October 2012 I was released from Highpoint prison gates. There are some dates you never forget and a certain letter/number combo that is assigned personally to you, which is etched on the brain also.

Five years on, I was landing in Argentina through the invitation of El Desafío, with many thanks to National Alliance of Sport (NASDC) and the amazing power of their network. I was visiting the city of Rosario in Argentina for the Happy Cities Festival organised by El Desafío, an organisation whose aim is to empower poverty-stricken children in Rosario.

I met the co-founder and Executive Director Mario Raimondi when he came to England looking for ideas for new youth sport programmes. He visited me with Justin Coleman, Co-Founder, Secretariat and Head of the NASDC in HMP Wandsworth to understand about the Cell Workout Workshop. As Mario said "In Argentinian prisons, there is no such thing as rehabilitation, to see LJ working so positively with these guys was huge".

From the impact of this visit, my ticket was booked to guest alongside some very influential speakers and take part in the festival. Over the course of the 2 days I spoke to the 3,000 participants about my story, the book and Workshops and also visited the young offenders to meet and work out with the young people.

From the El Desafío website, their vision is:

"There are many persons and children in our

country without the possibility of a life project. Being born in a context of extreme poverty, malnutrition, health problems, lack of education, violence, social exclusion and very few possibilities of insertion in the job market does not provide many opportunities of a decent life. This scenario does not only affect those living this situation even though they are the first and most serious victims but they also afflict society as a whole. Socially disintegrated, a country does not have many opportunities for progress. We understand that in order to achieve a true impact our actions must be planned for the long term and framed in an integral vision in which all these factors are considered. We do not offer merely individual aid, we work together with the families, the community and society in general to create programs that promote development. Participants of our programs, children and the community are not mere receptors of services, they are agents of social change.

We understand that in order to achieve a true impact our actions must be planned for the long term and framed in an integral vision in which all these factors are considered. We do not offer merely individual aid, we work together with the families, the community and society in general to create programs that promote development. Participants of our programs, children and the community are not mere receptors of services, they are agents of social change.

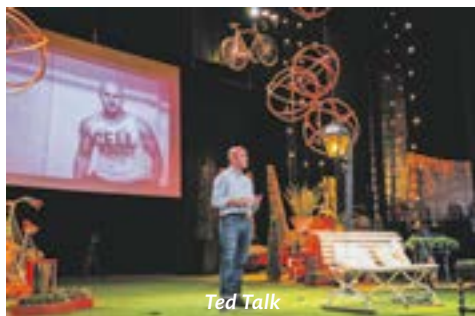
What an amazing festival and experience. It was an honour to take part and be inspired by the work they do.

Thank you again Mario and all the organisers for the invite and for translating and looking after me so well, I couldn't have wished for more.

What a way to spend an anniversary!



Workshop



Ted Talk



Organisers and speakers



El Desafío celebration

### 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.



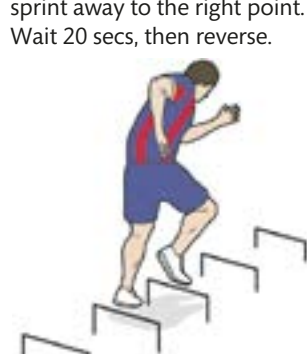
#### For ultra-agility Get-ups

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 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 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 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.

#### 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 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.

### 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](http://www.cell-workout.com)



# Cell Workout

## Get the body you want Inside & Out

LJ Flanders



LJ with new Senior Manager of Cell Workout Enterprise C.I.C. Hannah Baumer promoting World Mental Health Day with Minddistrict UK

## Not every disability is visible

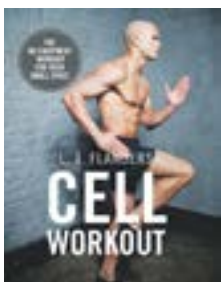
Every year on 10th October it is World Mental Health Day, a day that recognises mental health illness and its effects. The aim is to raise awareness of mental health issues and to encourage people to look after their own mental health and support others who are affected. On the outside world the coverage of the campaign has really grown, through the likes of Prince Harry speaking openly in the press about the matter.

In prison, let's face it, there is a high percentage of people with mental health issues while resources and support are limited. Mental health problems can affect anyone, at any time, so here are some basic tips for looking after yourself during your time inside as best you can and to continue upon release. Remember, you're only one workout away from a good mood.

LJ

*"In the depth of winter, I finally learned that within me there lay an invincible summer"*  
Albert Camus

### Cell Workout by LJ Flanders



**Price:** £16.99  
**ISBN:** 9781473656017  
**Publisher:** Hodder & Stoughton  
[www.cell-workout.com](http://www.cell-workout.com)

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.

#### Keep active

As we all know, exercise is good for physical wellbeing but it releases feel good chemicals in the brain, so is also good for your mental health. Regular exercise can boost your self-esteem, help you concentrate, sleep, look and feel better. Experts recommend 30 minutes at least 5 days a week.

#### Talk about your feelings

This isn't a sign of weakness, it's part of taking charge of your wellbeing. Talking can be a way of coping with a problem, help you feel supported and less alone. This can work both ways, if you open up, it might encourage others to do the same.



#### Eat well

A good diet will benefit both physical and mental health. The brain needs a mix of nutrients to stay healthy. A healthy diet will include, fruit and veg, wholegrain cereals and bread, nuts and seeds, dairy products, oily fish and plenty of water. Try to limit your caffeine intake and sugary drinks.

#### Keep in touch

It might not be possible to see someone face to face, but try to stay in touch with people and work on those relationships that are good for you.

#### Ask for help

We all get overwhelmed and stressed when things go wrong. If you feel you can't cope then you should ask for help.

#### Take a break

If you are feeling stressed, or anxious, then taking a break could help. This could be taking a deep breath, exercise, meditation, or relaxation.

#### Have a good sleep

If you feel really tired, take some time to sleep. Without good sleep our mental health suffers and we lose concentration.

#### Do something you enjoy doing

Activities and hobbies that you can lose yourself in; such as exercise, reading, drawing, Cell Workout ... (had to put that in).

#### Work on your self-esteem

We're all different, with different qualities and are good at different things. Good self-esteem can help us cope during difficult times. Work on those things you want to change, taking one step at a time.

#### Care for others

Keep up relationships with people close to you. Help and support others who need it, you never know when you might need help yourself.

## The mental health benefits of exercise

Research has shown us that people who exercise regularly tend to be more resistant to many mental illnesses. Exercise can help treat current symptoms, and prevent future episodes.



© Deposit Photos



**Anaerobic Exercises**  
Weightlifting  
Sprinting (running, cycling)  
Interval training  
Climbing

### What problems can exercise help with?

#### Mental Illness

Depression  
Anxiety  
Substance Abuse  
Bulimia  
Alzheimer's Disease

#### Other

Sleep Difficulties  
Stress  
Physical Health  
Low Energy  
Self-Esteem

Beginning an exercise plan doesn't have to be difficult. Walking for as little as 30 minutes, 3 times a week, has been found to be beneficial. Don't worry too much about what exercise you choose. Aerobic and anaerobic exercises are both effective at improving mental health.

If you're crunched for time, you might still be able to squeeze some exercise into your day. Two 15 minute walks work just as well as one 30 minute walk!



**Aerobic Exercises**  
Walking, jogging, or cycling  
Elliptical or ski machines  
Swimming  
Dancing

**instalaw**  
National Prison Law Solicitors

[www.instalaw.co.uk](http://www.instalaw.co.uk)

**Instalaw Solicitors have over 40 years combined experience representing prisoners rights and we can represent you no matter where you are in the country!**

*Specialists in Parole Board paper reviews, oral hearings & independent adjudications*

### Our Prison Law Experts can help you with:

- Parole Board oral hearings
- Paper Parole Reviews
- Recalls
- Discretionary Lifer Reviews
- Mandatory Lifer Reviews
- IPP Paper & Oral Parole Reviews
- Independent Adjudications
- Private cases (Transfer/HDC)

**Call us today for free advice on: 01782 560 155**

**Nottingham office: Instalaw, 4th Floor Parliament House, 42 - 46 Upper Parliament Street, Nottingham, NG1 2AG**

**Staffordshire office: Instalaw, 2nd Floor Copthall House, King Street, Newcastle-under-Lyme, Staffordshire, ST5 1UE**

Robert Welsh - Partner (Staffordshire)    Simon Howland - Partner (Staffordshire)  
Stephen Luke - Partner (Nottingham)    Craig Sinclair - LLB HONS (Staffordshire)  
Reise Wright - Prison Law Advocate BA HONS (Nottingham)  
Plus Nationwide Consultant Prison Law Advisors







# Cell Workout

## Get the body you want Inside & Out



Drink up!

© Deposit Photos

Drinking tea and coffee also adds to our water intake but they also contain caffeine, which will affect hydration if drunk in large amounts. Sweetened soft drinks provide hydration but also contain calories and can damage teeth.

Fruit juices and smoothies contain vitamins, minerals and natural plant substances. But they also contain sugar and can be acidic, so can also damage teeth.

**“We never know the worth of water, till the well is dry”**  
**Thomas Fuller**

Milk contains water, as well as essential nutrients. However, it also contains saturated fat so it is a good idea to choose semi-skimmed.

On top of the fluid intake we get from drinking, on average we get an extra 20% from food we eat. Especially from fruit and vegetables and also from soups and stew that are prepared with a high water content.

**But why is it so important to drink enough water?**

Our body is nearly two-thirds water, so you need to drink enough water to stay hydrated and healthy. Water is vital for maintaining the function of all the cells, tissue and organs in our body, including the heart, brain and muscles. Some signs that you are not getting enough fluid are feeling thirsty, dark coloured urine or high temperature, you may feel tired, get headaches and not feel at your best.

During the Workshop the students all drink more water and say that they feel better for it. Drinking enough fluid is crucial during and after exercise to replace the water you have lost in sweat, lower your heart rate and help your muscles recover.

Why not make the effort and improve your health by drinking your 8 glasses a day.

L. J.

LJ Flanders

### h2o

There have been times when the heat has definitely been on this summer. Making sure you stay hydrated is especially important during the warm weather.

One of the tests that I carry out on the students before beginning the Workshop is to calculate their hydration level. This is different for every body, depending on weight, height, age, gender and the level of physical activity.

In many cases the level is lower than it should be.

**Guidelines state that we should drink 6-8 glasses of water a day.**

Drinking plain water is the best way to hydrate; water delivers the fluid we need without adding calories or damaging teeth, but we can get fluids in other ways.

6a

0 - 306 - (4 - 2 - (- 2 2 . ( - 2 0 32. 02

7 0 - 306 ((- 2 2 (- - . 32. 3 2 6

7 . (( 3 2

7 ((, 0 - , 2. 0 ((. 3 0 32. -

7 ((- -

7 . , - 2. - 0 ((. . 3 (- 0

7 ((2 2 - 2. 0 3 2 6 - , 2. 0 0 - 2

7 ((, 0 6 (- 0 0 0 - - 04(5

- 2 2 0 2 (, 5 . ( 306 - 2 0

, 0 6. ((2 0 3

2. - 5 (( 04( 4 ( (- 02 (- 0 4 (

### 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.

### 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**

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.

### 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](http://www.cell-workout.com)