

Given to I-Low inmates after advocate groups started complaining
psychologist gave it to us

IN-CELL EXERCISES

Exercising not only helps maintain physical condition but studies have shown that exercise helps maintain psychological well-being, improves sleep patterns and decreases depression.

The following exercises can provide an overall health benefit. Set aside regular times to exercise. It is recommended you start with stretching exercises as warm-ups. Start slowly and increase the number of repetitions as you get used to doing each exercise. The more you are able to do the greater the benefit.

#1. Side Bend: Stand with legs comfortably apart. Raise arms straight overhead. Tilt body gradually from one side to the other. Repeat several times each direction.

#2. Torso Twist: Stand with legs comfortably apart. Raise both arms straight out from your side at shoulder height. Keeping arms and shoulders in a straight line, twist your body right, then twist to the left. Repeat.

#3. Push-up: Feet on the floor, hands at shoulder width and flat on floor. Arms straight, slowly lower chest close to floor keeping back straight. Push up until arms are extended. Repeat.

#4. Stomach-Crunch: Lying flat on your back on your bunk. Cross arms on chest. Bend legs at the knees. Lift upper torso and legs up off the bunk. Repeat.

#5. Arm Push/Lift: Place right hand on top of left hand directly in front of your chest. Slowly push your left hand down with your right hand. Then push up with your left hand slowly allowing your right arm to rise. Repeat increasing the amount of resistance. Switch hands and repeat.

#6. Leg Curl: Stand up straight facing away but close to bunk. Lift one leg and place heel under lower edge of the bunk. Pull up with heel as if you are trying to lift the bunk, holding for a count of ten Repeat several times with each leg. Increase duration.

#7. Squat/Thrust: Stand up straight, legs and feet together. Lower body until you can place one hand on the floor on each side of your body. Supporting body with hands, thrust legs out straight behind you. Return legs to between your hands. Raise body to standing position. Repeat.

#8. Alternate Arm/Leg Lift: Kneel on all fours on the floor. Keeping back straight, raise your right arm and left leg to a horizontal position. Repeat several times. Alternate by raising left arm and right leg to horizontal position. Repeat several times.

#9. Leg Squats: Stand with back against the wall, heels flat on the floor. Place hands on hips, lower body, bending knees about half way. Keep heels on the floor. Rise back up to a standing position. Repeat.

#10. Jumping Jacks: Stand with feet together, arms at your sides. Jump slightly and swing both arms up to meet above your head. At the same time move each leg to the side. Then jump up slightly again and return to original position. Repeat.