



CELL WORKOUT

L.J. Flanders

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A bodyweight training guide designed for use in a prison cell. Using the oldest form of exercise, without the need for weights, this book will guide you through the process of understanding how to make bodyweight training work, whatever your personal training goals. The exercises are suitable for any age, ability and fitness level and offers progression for everyone. There are step-by-step instructions of how to perform the exercises, with photographs and sample workouts to follow. 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 and out!

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