

## Warmup

### Head nods

Gently nod your head up and down.

### Head side-to-side

Slowly tilt your head from one side to the other, just as far as is comfortable.

### Rotate core

Keeping your hips and legs still, swivel your shoulders around by turning at the waist.

### Sideways reach

Stand with your hands by your sides, and tilt to one side so that one hand moves down your thigh. Then do the other side.

### Bend forward

Reach toward your toes as far as is comfortable to go.

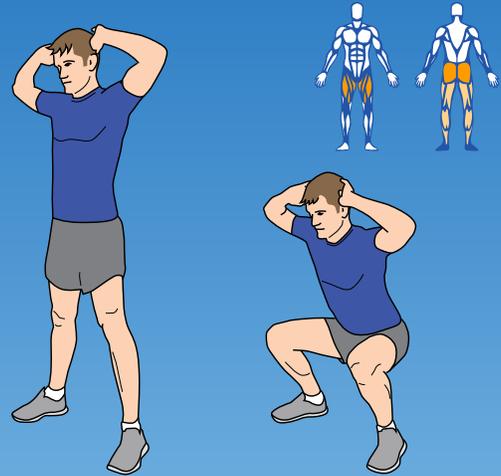


Rest for 30 seconds after each exercise

# 1

## Prison Squat

Up to 10 reps

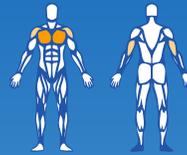


Stand with feet shoulder-width apart and your hands touching your temples. Keeping your back straight, lower yourself down by pushing your hips back and bending your knees. Push back up to the start position.

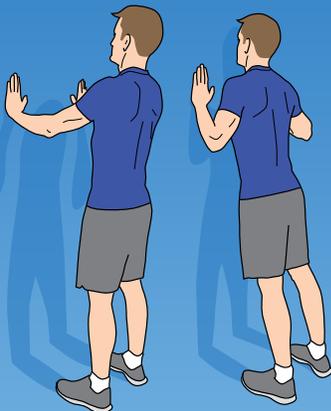
# 2

## Pushups

Up to 10 reps

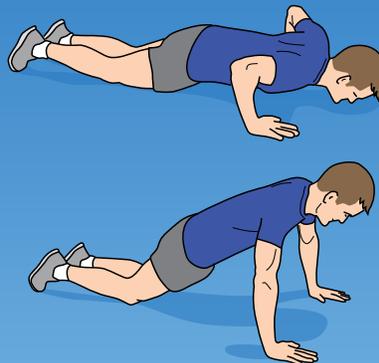


**EASY**  
Wall push-ups



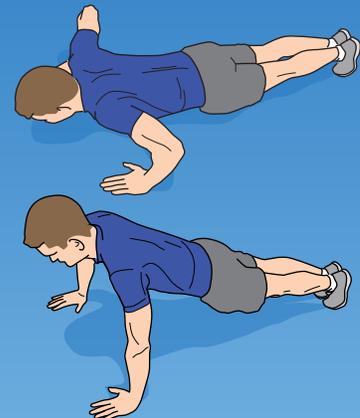
Lean against a wall with hands shoulder-width apart. Push away from the wall until you are standing upright, then lower yourself back.

**HARDER**  
Half push-ups



Lie face-down on the floor with hands either sides of your shoulders, palms down. Push up, keeping your knees on the floor and lower back down.

**HARDEST**  
Full push-ups

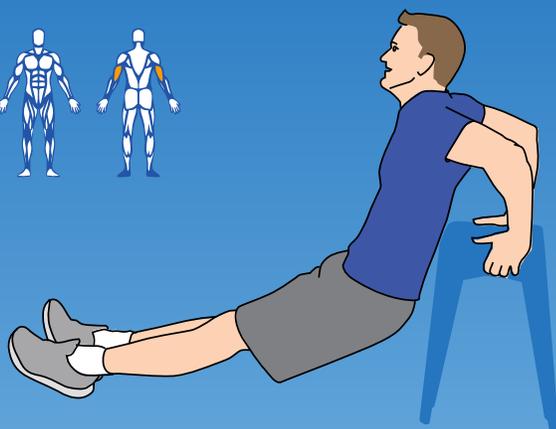
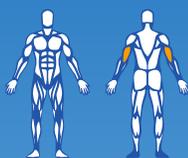


Lie face-down on the floor with hands either sides of your shoulders, palms down. Push up, keeping your body in a straight line and lower back down.

# 3

## Dips

Up to 10 reps

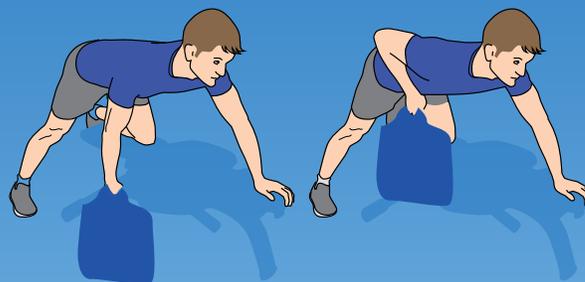
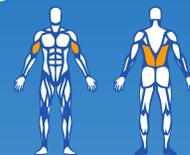


Stand facing away from a chair or other stable surface. Hold the surface firmly with both hands and slowly lower yourself by bending at the hips and elbows. Then push back up. Use a higher surface to make this easier.

# 4

## One-arm row

Up to 10 reps

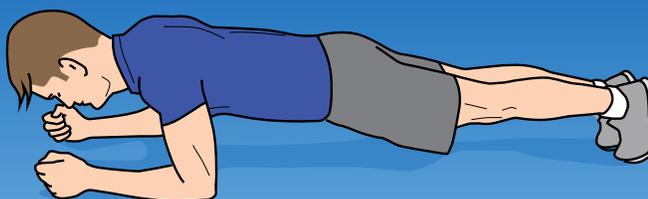
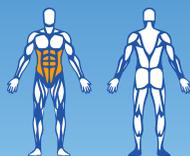


Place one hand on a chair and bend forward at the hips, keeping your back straight. Hold a bag weighted with books in one hand and pull it toward you, keeping your elbow in. Lower bag to ground. Repeat on the other side.

# 5

## Plank

Up to 1 minute



Lie face-down and push up so you are balanced on your elbows, forearms and toes. Keep your body in a straight line and hold this position.

## AND REPEAT

Save this workout to Reps & Sets so you can log it on your iPhone or Apple Watch

Reps & Sets is a free gym logging app designed by Cult of Mac fitness writer, Graham Bower

Visit: [reps.io/pfoa](https://reps.io/pfoa)