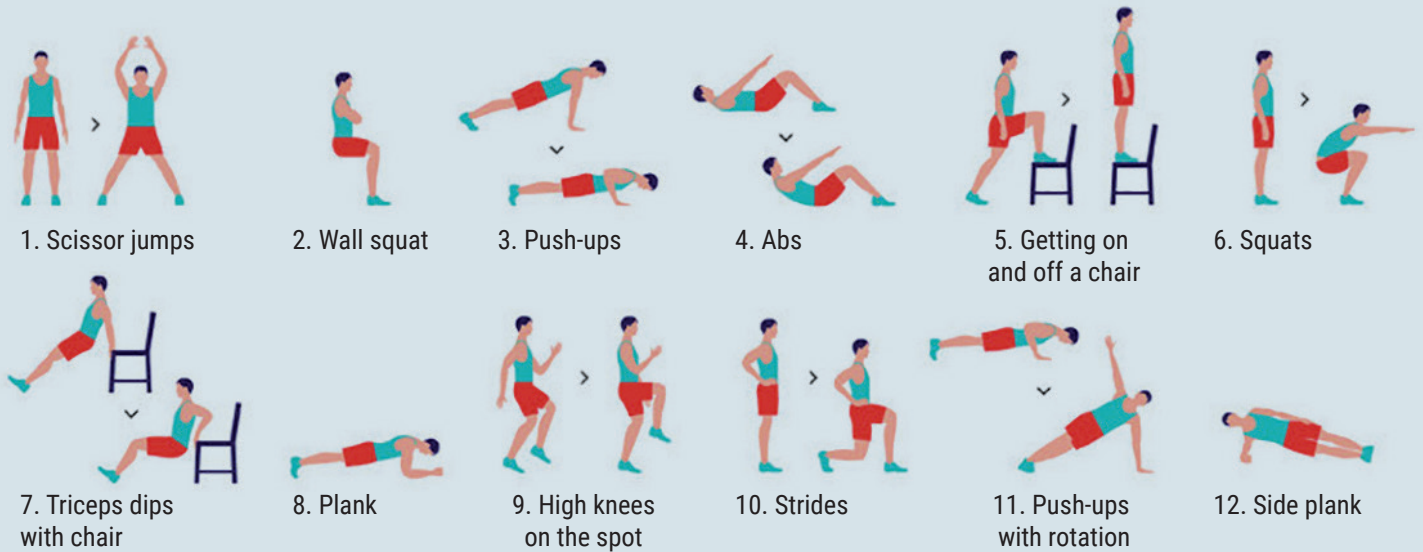


Doing physical exercise will help you to keep healthy. This can be complicated, however, as there are not the same conditions for proper training in prison as there are outside. Nevertheless, we have listed a series of useful tips to help you stay in shape:

### 1 Exercise using your own body weight

These exercises can be done in confined spaces and require little or no material. For example, one routine that works on all the muscle groups includes the following exercises:



The advantage of this routine is that it only requires a small space and a chair. It usually involves sets of 30 seconds per exercise with breaks of 15 and 30 seconds in between. The series should be followed as above, as it takes work-rest of muscle groups into account.

Once the routine is complete, it can be repeated. Over time you will be able to repeat it more often. It is therefore a routine with which physical condition improves continuously.

### 2 Warm up and stretch before bodybuilding sessions

Many Spanish penitentiary centres have a gym with a weights room, where you can perform muscle routines with weights and/or machines. Using these types of materials will allow you to improve muscle development, although it also increases the chance of injury. You should therefore warm up and stretch before and after the session.

### 3 Aerobic exercises

These types of exercises (walking at a brisk pace, running at a moderate pace, etc.) improve the health of your heart, lungs and metabolism in general. They also have a positive impact on social relations and on mood. It is therefore a good idea to do them whenever possible. Some penitentiary centres have spacious courtyards or sports areas where you can play team sports or run.

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