

I Workout

In prison there isn't much to look forward to however, most men in here anticipate going to recreation everyday. I Personally have taken joy in attending recreation and use my rec. periods to play basketball, handball, jog, and lift weights.

Over the years I've switched up my workout but nothing have brought me better results physically than doing simple pull-ups, dips, push-ups, and sit-ups. I started out doing whatever I could and although my reps and sets weren't much it conditioned me over time and now I do ten sets of pull-ups (12 to 15 reps per set), dips (20 to 25 per set), push-ups (40 to 50 per set), sit-ups (50 per set).

I workout 5 days a week two times a day. One workout is the basic ten sets I mention above and the other is lifting weights isolating on two muscle groups at a time. Working out has been my stress reliever in here and has kept me in good shape and health.



I'm always looking for new tips, ideas, or suggestions to add to my workout schedule so feel free to send your suggestions, advice or tips.

Blog or write me directly at:

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"There is no substitute for hardwork"
Thomas Edison