



ILLINOIS DEPARTMENT OF CORRECTIONS
DIRECTOR'S OFFICE
SPRINGFIELD 62702

COVID-19 RESPONSE

JB PRITZKER
Governor

ROB JEFFREYS
Director

Memorandum

To: Men and Women in Custody

From: Alyssa Williams, Chief of Programs and Support Services

Date: April 17, 2020

Subject: Exercise During COVID-19 Pandemic

During the COVID-19 pandemic, it is important to engage in physical activity. Exercise is associated with better immune function and it can help reduce our feelings of stress and anxiety. With all facilities currently on lockdown or administrative quarantine, it can be difficult to remain physically active. The Department has developed a workout that can be safely completed inside your cell. If your facility is still offering yard, I encourage you to take advantage of that time by exercising (while practicing social distancing). If you are not regularly active, start slow. Do not exercise if you have a fever, cough, or difficulty breathing. Be safe and smart!



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Day 1 (Upper Body)			
<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Notes</u>
Deck of pain push ups	52	1-11	Take a deck of 52 shuffled cards, flip over cards one at a time and do that number of push-ups. Do 10 push-ups for face cards and 11 push-ups for aces. Try to finish in 15-20 minutes.
HFB incline push ups	20	varies	Set 1: 20 reps, Set 2: 1 rep, Set 3: 19 reps, Set 4: 2 reps, Set 5: 18 reps, Set 6: 3 reps, Set 7: 17 reps, Set 8: 4 reps, Set 9: 16 reps, Set 10: 5 reps, Set 11: 15 reps, Set 12: 6 reps, Set 13: 14 reps, Set 14: 7 reps, Set 15: 13 reps, Set 16: 8 reps, Set 17: 12 reps, Set 18: 9 reps, Set 19: 11 reps, Set 20: 10 reps
Diamond push ups	2	max	Hands together to form a diamond shape on floor, do as many reps as possible until failure for each set
Skull crushers	2	max	Like a standing push up, but put hands on bed frame and lower your body and head down to your hands, then push back up
Jail cell burpees	12	varies	For each set, do the number of burpees, walk to the end of your cell, and walk back. Set 1: 12 reps, Set 2: 11 reps, Set 3: 10 reps...to Set 12: 1 rep
Leg raises	3	15-20	Lay on back, legs out and together, raise legs up, lower back down



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<u>Day 2 (Lower Body)</u>			
<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Notes</u>
Mike Tyson squats	10	varies	Line up 10 cards 6 inches apart. Squat down to pick up the first card. Move to the next card, squat down once to put the first card on top, then squat twice to pick up each card one at a time. Move down the line, each time squatting to stack the cards and then pick up the cards individually. You will total 100.
Prison squats	8	max	Squat with fingers interlocked behind head, feet flat and shoulder width apart, goal is to have your bottom break 90 degrees. Do as many as possible for 20 seconds, rest for 10 seconds, then start the next set.
Hindu squats	1	max	Squat with arms in front of you with your fists under your chin, goal is to have your bottom break 90 degrees. Do as many as possible for 2 minutes.
Lunges	3	max	As many as possible for 1 minute
Reverse lunges	2	60	Step back instead of forward
Plank	1	1	Hold plank position for 30 seconds
Side plank	1	1	Hold side plank position for 90 seconds on each side

<u>Day 3 (off)</u>	Repeat cycle, 2 days on, 1 day off
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