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If you're fresh meat looking to tone up, the squats, push-ups, and burpies will get you yard-ready in less than a three-month stint.

This program's legit. Each exercise comes straight from the cellblock and the routines are those of real inmates. It's the workout of a lifetime—from guys serving twenty-five to

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probably just print the tagline for Felon Fitness (\$11) — "How to Get a Hard Body Without Doing Hard Time" — and leave it at that, but since we are talking about prison, and the word "hard" appears twice in that statement, we figured some clarification was in order. This 224-page guide to getting buff focuses on exercises and techniques used by real...

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## **Felon Fitness | Uncrate**

A felon is able to take the certification exam offered by accredited associations. The critical factor will be in finding a job as a personal trainer or a gym that will allow them to train clients there. A career as a personal trainer for felons is possible depending on the nature of the crime

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for anything and you  
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Drop and do 10 now.

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## To Get A Hard Body Without Doing Hard Time Author: William S Paperback 2011

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This program's legit. Each exercise comes straight from the cellblock and the routines are those of real inmates. It's the workout of a lifetime—from guys serving



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twenty-five to life.

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So they wrote a book  
about their fitness  
routines called, FELON  
FITNESS: How to Get a  
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Which, is kind of a  
hilarious title if you  
think about it.

**New Book: Felon**  
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The main problem with  
workouts like hip-hop  
Pilates is that there is  
no primal fear  
involved. The  
fundamental tenet of  
Felon Fitness, on the  
other hand, is that "In  
prison, being fit is a  
matter ...

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time. [Trey Teufel;  
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Doug Bopst used to be  
addicted to opiates.  
But while serving time  
in jail for a felony drug  
charge, he got sober  
and today is a fitness  
trainer helping others  
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