Here are a few basic prison workout exercises:

Upper Body

Handstand pushups

Handstand holds

Pushups (and pushup variations)

Hindu Pushups

Pullups (my all-time favorite)

Pullup Variations

Dips (use a bench with feet on a chair but this move can be rough on the shoulders)

Muscle Ups

Lower Body

Lunges (and lunge variations)

Prisoner Squats (no pun intended)

Jump Squats

Split Squats

Skater Squats

Pistol Squat

Wall Squat (sit & hold)

Squat Jumps

Glute Ham Raises (cellmate can hold feet)

Core/Abs

Hanging Leg Raise (for abs)

L-Sit

Back Bridge

Single Leg Hip Thrust

Scorpions

Mountain Climbers

Plank Variations

Handwalking/handcrawling/bearcrawls

Crab walks/tiger walks

Cardio

Shadow Boxing (and Kickboxing)

Jump rope (use shadow technique since they may not allow ropes)

Run sprints

Giant Killers

For Bad Mofo’s Only

Tai Chi

Yoga/Meditation

Squats with cellmate on back

Pushups with cellmate on back

Climb stairs carrying cellmate on back

Sprint carrying cellmate on back

Bedlifts (yes you deadlift your bed)

Fight in the yard (optional)

This is far from a complete list (you can see more advanced bodyweight exercises in this video), but I can’t possibly cover all of the various bodyweight exercises in just one post. This is simply a ‘starter kit’ that was designed to show you the basic premise of the prison workout.