

3 Odd Bodyweight Exercises you Need in Your Workout Routine NOW.

Whether you're a fitness enthusiast or just acquired your gym membership you have most likely scoured the internet for effective exercises to get you in shape. As a fitness enthusiast for over 20 years, there isn't a week that goes by where I don't try and incorporate something new in my workout routine. Your body has an amazing ability to adapt. If you aren't constantly challenging yourself with new techniques and exercises you are not maximizing your workout time. So I challenge you to incorporate all three of these below exercises in your next workout.

- 1) Body Rocks-Lay on your back with your legs in a vertical position and your arms over your head. Use your abs to rock your body up to almost a seated position. Rock back down. Do these for 30 seconds and your abs will feel like they've got the workout of a lifetime.

Video link: bit.ly/body-rocks

- 2) Shoulder Annihilators-Assume the push-up position with your forearms on the ground. Rotate up and out off one arm ending with your chest perpendicular to the ground. Your shoulder muscle should be bearing the weight of the body rotation. Do 10 of these for each arm and your shoulders will definitely feel the burn.

Video link: bit.ly/shou-ann

- 3) Scorpions- Assume the push-up position. Move your left leg as far as possible past your right leg and rotate your head and body to the left. Repeat with other side. Do 10 of these on each side and your mid-section will wish you didn't read this article.

Video link: bit.ly/scorp-ss52

All of the above exercises can be found in my new bodyweight fitness cards called [Strength Stack 52](#). Whether you choose to do the exercises above or find some different ones of your own, keep in mind that varying your workout is of utmost importance. I see too many people in the gym, like zombies, doing the same

exercises week after week. To maximize your exercise time, spend 15 minutes a week searching the internet for new exercises to do the following week. This is the single easiest thing you can do to increase your workout effectiveness.

This article was written by Sergeant Michael Volkin, best-selling author of [military basic training books](#) and inventor of Strength Stack 52, a unique way to transform [bodyweight exercises](#) into a fun and competitive workout.