

Stop Your Hum Drum Gym Routine

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The regular hum-drum gym routine is dead. You don't have to bore yourself on the way to sculpting the perfect gym body, nor do you have to spend a fortune. We all know how hard it is to get motivated, so we've looked at some of the most exciting trends in recent times. Let's start with things happening inside the gym:

Plyometric popularity - How do we work smarter and not harder? By focusing on making the amortization phase as short as possible. What does that mean? Think about it as the phase before you EXPLODE - the squat before you jump. Plyometric exercise is about doing the full exercise and then going straight back into the explosive phase of the exercise as quickly as possible.

The H.I.I.T. (High intensity interval training) - What is the fastest way to get fit? By combining a series of high intensity workouts. In 2018, that means cross training with a twist. Mash-up cross-training emphasizes making the most of your time; one week you can be doing a circuit, the next week yoga. Have you ever tried capoeira? You will have done it by the end of your mash-up routine. Mashup cross-training means you add more disciplines to your workout and become a master of a variety of disciplines. By integrating circuit training alongside a different discipline, you will come out with a renewed excitement for your routine and eagerly awaiting next week's class.

Yoga Wheeling - Now you can have the fun of yoga (if you are flexible and good at yoga) and the fun of... wheels? Well, the yoga wheel has become the latest must-have accessory for yogis. The wheel is a good accessory because it can lessen the impact of some of the more strenuous yoga poses. The wheel can be used to support you in child's pose and in a variety of other poses. This can help you get a deep stretch with the added benefits of comfortable support.

Ab Swivel - The wackier the technique, the better the results, and we all love a little wacky! If you own a swivel chair (or have one in your office), pushing yourself forward and backward, while holding onto a desk consistently for 10 minutes, works your abdominal muscles. If you did this in the office, you might get some stares - but it'll all be worth it when you have a beach body with the rock-hard abs. Now we turn to outside of the gym for some of our more unconventional exercises.

The Sigh - Yes! You read correctly, sighing could be a great form of exercise. Hold your shoulder up to your ears for 5 to 10 seconds eventually letting out a sigh dropping your shoulders when you do. Repeat this for 10 to 15 minutes. This helps build your trapezius muscles (this is your upper back muscle). It is also a great stress reliever, as sighing can be coupled with breathing exercises.

Walk it off - Walking as a form of exercise is an oldie but still a goodie.. Hippocrates, the father of Western Medicine, thousands of years ago is quoted as saying: "Walking is man's best medicine". It is important to make walking a lifestyle choice and to include it in your modern exercising mix. As opposed to running, walking puts less stress on your body, as it's not high impact but still manages to help your cardiovascular health. So get a good playlist on your phone and get moving.

These exercise tips will help you live a better and healthier life, making the most of your time and helping you regulate your day-to-day lifestyle.