



The Pelican Abs
Tabata



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
3.5



0%



25%



75%



0%

4
Exercises

Tags: Abstabata Tabata Abs Tabata Abs Core

Runde



Diamond Crunches 20_{sec.}

Pause 10_{sec.}



Bicycle 20_{sec.}

Pause 10_{sec.}



Windmill 20_{sec.}

Pause 10_{sec.}



Hips Raise Crunch 20_{sec.}

Pause 10_{sec.}

Runde



Diamond Crunches 20_{sec.}

Pause 10_{sec.}



Bicycle

20_{sec.}



Pause

10_{sec.}

Windmill

20_{sec.}



Pause

10_{sec.}

Hips Raise Crunch

20_{sec.}

Pause

10_{sec.}

Description

This is an Abs Tabata Workout! You do 20 sec of work, followed by 10 seconds of rest! After 4 minutes you're done!

Exercise descriptions



Diamond Crunches

Do a crunch where your arms are fully extended touching the floor above your head in the beginning and your feet when you come up. The less acceleration you use with your arms, the harder it gets.



Bicycle

Lie on the back while alternately extending one leg while you pull the knee of the other leg toward your chest. Keep both legs off the ground the whole time



Windmill

Move your straight legs alternately to the left and right and use your arms as stabilization. If too difficult, bend your legs.



Hips Raise Crunch

Lie on your back and place your hands slightly under your butt. Then, bring your legs up and push yourself up with the hands so that your lower back does not touch the ground anymore and forms a straight line with your legs. Bring your legs down again, outstretch them in parallel to the floor without touching it and repeat.

This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.