



Abs Challenge #7: Cheeky Chicken Abs  
Tabata



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min.  
0 sec.

Difficulty  
3.3



0%



25%



75%



0%

4  
Exercises

Tags: Core Side Abs Abs Abstabata Abs Tabata Abs Challenge Sixpack

Runde

Dog Bird II

20sec.



Pause

10sec.

Crawl up the Leg

20sec.



Pause

10sec.



Atomic Situps

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Runners Crunches

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>

Runde



Dog Bird II

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Crawl up the Leg

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Atomic Situps

20<sub>sec.</sub>

Pause



## Runners Crunches

10<sub>sec.</sub>

20<sub>sec.</sub>

## Pause

10<sub>sec.</sub>

### Description

Das ist das siebte Workout des Events "Your new year's resolution: The Abs Challenge" (<http://bit.ly/Abs-Tabata-Challenge>) Es sind nur 4 Übungen, die du jeweils 20 Sekunden lang ausführst, über 2 Runden. Nach jeder Übung machst du eine Pause für 10 Sekunden, aber nicht länger!-----

----- This is the seventh workout of the event "Your new year's resolution: The Abs Challenge" (<http://bit.ly/Abs-Tabata-Challenge>) It's 4 exercises which you do 20 seconds each for 2 rounds. After each exercise, you rest for 10 seconds. Not longer! All in all, the workout is 4 minutes! Not much and it will give you super nice abs and a nice belly if you follow our exercises! Keep on! Motivate your friends!

### Exercise descriptions



#### Dog Bird II

Start from a pushup hold and alternately outstretch one arm and the the other side's leg. Change sides after each repetition.



#### Crawl up the Leg

Outstretch one leg vertically in the air and pull yourself up on it with your hands until you can reach your toes. Change sides after half the reps or halftime



#### Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.



### Runners Crunches

Try making small movements back and forth as if you were „running“.

*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.*