



Abs Challenge #13: Straying Beetle Abs
Tabata



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
3.0



20%



0%



80%



0%

4
Exercises

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

Runde

Crawl up the Leg

20sec.



Pause

10sec.



Crunches

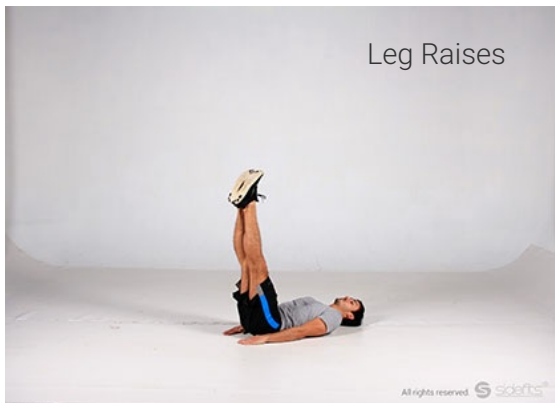
20sec.

Pause

10sec.

Leg Raises

20sec.



Pause

10sec.



Runners Crunches

20_{sec.}

Pause

10_{sec.}

Runde



Crawl up the Leg

20_{sec.}

Pause

10_{sec.}

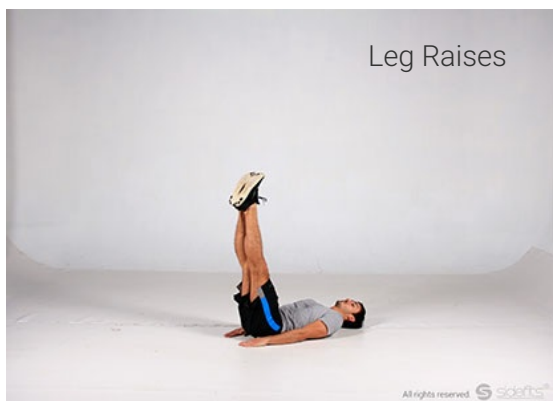


Crunches

20_{sec.}

Pause

10_{sec.}



Leg Raises

20_{sec.}

Pause

10_{sec.}



Runners Crunches

20_{sec.}

Pause

10_{sec.}

Description

Das ist das dreizehnte 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 13th 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!



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



Crunches

Just your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.



Leg Raises

Lie on your back and outstretch your legs vertically. Then lower them down and raise them up again, without touching the ground. Don't go into a hollow back, place your palms on the ground, slightly below your butt to avoid this.



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.