



Abs Tabata workout for your dream body



Created by *Johann Wang*

Training for muscle up

4 min.
0 sec.

Difficulty
4.3



0%



40%



40%



20%

4
Exercises

Tags: Abs

Runde



Hollow Rock 20_{sec.}

Pause 10_{sec.}



Side Plank Hip Dip 20_{sec.}

Pause 10_{sec.}



Windmill 20_{sec.}

Pause 10_{sec.}



Atomic Situps 20_{sec.}

Pause 10_{sec.}

Runde



Hollow Rock 20_{sec.}

Pause 10_{sec.}



Side Plank Hip Dip

20_{sec.}

Pause

10_{sec.}



Windmill

20_{sec.}

Pause

10_{sec.}



Atomic Situps

20_{sec.}

Pause

10_{sec.}

Description

Another intense 4 minute Tabata workout for your abs! Try to push yourself and do more reps every time you do it!

Exercise descriptions



Hollow Rock

Lie on your back and extend your arms and legs while just your lower back is touching the ground. Hold this position. Be careful not to fall into a hollow back. If so, put your arms more above or in front of your head to reduce the leverage.



Side Plank Hip Dip

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Let your hip dip down and get back up again repeatedly.



Windmill

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



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.

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.