



Abs Challenge #11: Stinging Wasp Abs Tabata



Created by *Phil from Sidefits*

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
3.5



0%



50%



50%



0%

4
Exercises

Tags: Core Abs

Runde



Starfish Crunches

20_{sec.}

Pause

10_{sec.}



Ankle Tap

20_{sec.}

Pause

10_{sec.}



Toe Touches

20_{sec.}

Pause

10_{sec.}



Bicycle

20_{sec.}

Pause

10_{sec.}

Runde



Starfish Crunches

20_{sec.}

Pause

10_{sec.}



Ankle Tap

20_{sec.}

Pause

10_{sec.}



Toe Touches

20_{sec.}

Pause

10_{sec.}



Bicycle

20_{sec.}

Pause

10_{sec.}

Description

Das ist das elfte 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 eleventh 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



Starfish Crunches

Lie on your back with slightly lifted and widespread arms and legs. Then use momentum to come up into a sitting position and keep your arms and legs tight to your body.



Ankle Tap

Start on your hands and knees and plant your right foot on the ground slightly pointing outwards, halfway between your hip and shoulder. Lift your left knee and touch the the inside of your left ankle to your right calf. Switch sides after halftime.



Toe Touches

Lie on your back and outstretch your legs vertically. Then try to touch your toes repeatedly or go as high as you can.



Bicycle

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

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.

