



Candlestick Dipper

 $20 \, \text{sec.}$

Pause

10sec.

20_{sec.}



Pause 10_{sec}

Hips Raise Crunch

20_{sec.}

Pause

 $10_{\text{sec.}}$

Russian Twist

20_{sec.}

Pause

 $10_{\rm sec.}$

Description

Exercise descriptions



Candlestick Dipper

One leg is outstretched while you knee down with your other leg. Slowly bend over to one side, holding your body under tension the whole time. Switch sides in the middle.





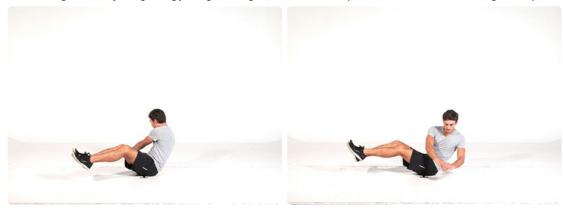
Toe Touches

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



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.



Russian Twist

Twist your upper body from one side to the other while holding your legs up still. Look to your hands while moving to really get all out of your side abs.

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.

Made by Sidefits with ♥ in Hamburg/ Copenhagen