



Created by Phil from Sidefits

There's nothing comparable to a good workout!

 $4 \, \text{min.}$ 0 sec.

Difficulty 3.3









4

Exercises







Runde



Pause



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

20sec.

20<sub>sec.</sub>

Pause

10sec.



20<sub>sec.</sub>

20sec.

20 sec.

Pause 10<sub>sec.</sub>

Runners Crunches 20<sub>sec.</sub>

Pause 10<sub>sec.</sub>

Runde

Dog Bird II 20<sub>sec.</sub>

10<sub>sec.</sub> Pause



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



Pause

 $10_{\rm sec.}$ 



**Runners Crunches** 

20sec.

Pause

10sec.

# Description

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.



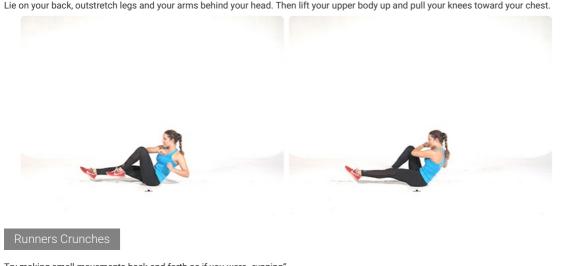


## Crawl up the Leg

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







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.

Made by Sidefits with ♥ in Hamburg/ Copenhagen