



Created by Johann Wang

Training for muscle up

 $0^{0.00} \, \mathrm{min.}$

Difficulty 4.3











4 Exercises



Runde		
No. of the second	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

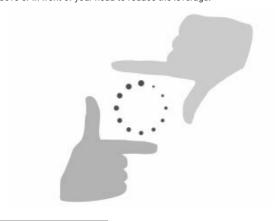
Another intense 4 minute Tabata workout for your abs! Try to push yourself and do more reps every time you do it!

Exercise descriptions



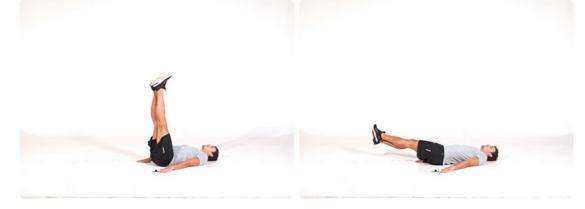
Hollow Rock

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.