



Abs for dessert,
please



Created by Philipp Maegel

The moment after a good workout is the best feeling ever!

3 min.
40 sec.

Difficulty
4.3



14%



28%



42%



14%

4
Exercises

Tags:

Abs Tabata

Abstabata

Tabata

2 x Round 1

L -Sit	20sec.
Pause	10sec.
Leg Raises	20sec.
Pause	10sec.
Hollow Rock	20sec.
Pause	10sec.
Atomic Situps	20sec.

Description

Exercise descriptions



L-Sit

Sit on the ground with extended legs and place your palms next to your hip on the ground. Now push yourself up so that neither your legs nor your butt touch the ground. Lean a bit forward and use your shoulders to do so.



Leg Raises

Lie on your back and outstretch your legs vertically. Then lower them down and raise them up again, without touching the ground. Don't go into a hollow back, place your palms on the ground, slightly below your butt to avoid this.



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.



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.