



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min. 0 sec.

Difficulty 3.5









4 Exercises

Abs Challenge Abs Tabata Abstabata Side Abs Flat Belly









Runde

Commandos

Pause

Switch Kick

Pause

Windmill

Pause

L-Sit

Pause

20sec.

10sec.

20sec.

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

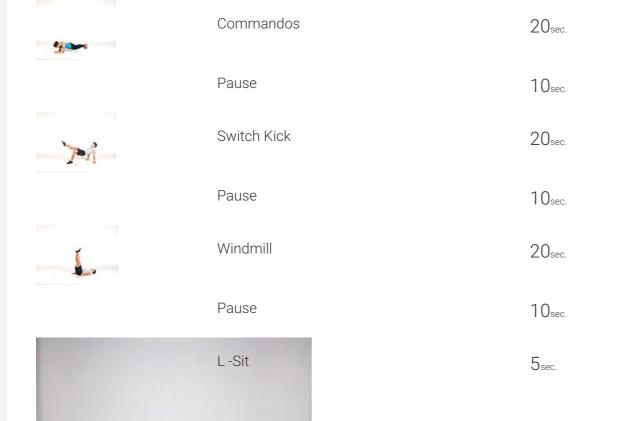
20_{sec.}

10_{sec.}

5sec.



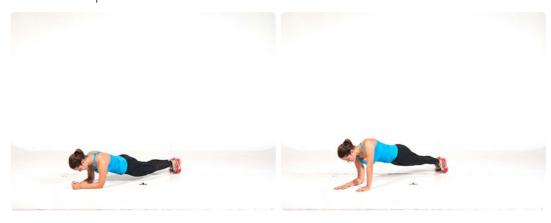
25_{sec.}



Pause 25_{sec.}

Description

Exercise descriptions



Commandos

Alternately go into a pushup position and plank position.



Switch Kick

Start from an all-fours position and alternately extend one leg up and behind.



Windmill

Move your straight legs alternately to the left and right and use your arms as stabilization. If too difficult, bend your legs.



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.

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