

Pause

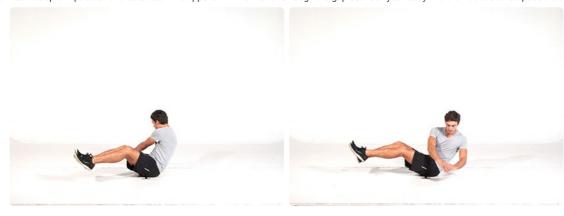
		10 <sub>sec.</sub>
3	Starfish Crunches	20 <sub>sec.</sub>
	Pause	10 <sub>sec.</sub>
	Plank	20 <sub>sec.</sub>
	Pause	10 <sub>sec.</sub>

# Description

# Exercise descriptions

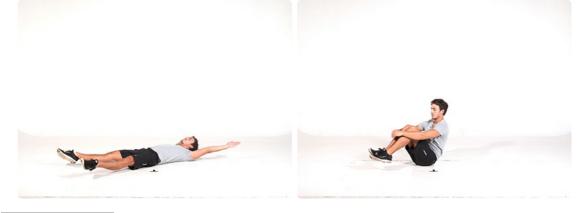
## Ballerina Dip

Go into a sideplank position and outstretch the upper arm. Then reach through the gap between your body and the floor as far as possible and go back to the starting position.



## 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.



#### Starfish Crunches

Lie on your back with slightly lifted and widespread arms and legs. Then use momentum to come up into a sitting position and keep your arms and legs tight to your body.



#### Plank

Hold yourself straight on your forearms and feet. Do not lose the body tension and do not let your hip down.

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.