



The agonizing Lionfish Workout



Created by *Phil from Sidefits*

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
3.0



20%



0%



80%



0%

4
Exercises

Tags: Tabata Abs Core Abs Challenge Abstabata Abs Tabata

Runde



Crunches

20_{sec.}

Pause

10_{sec.}



Leg Raises

20_{sec.}

Pause

10_{sec.}



Hips Bridge

20_{sec.}

Pause

10_{sec.}



Leg Shuffle

20_{sec.}

Pause

10_{sec.}

Runde



Crunches

20_{sec.}

Pause

10_{sec.}



Leg Raises

20_{sec.}

Pause

10_{sec.}



Hips Bridge

20_{sec.}

Pause

10_{sec.}



Leg Shuffle

20_{sec.}

Pause

10_{sec.}

Description

Das ist das zweite workout des Events "Your new year's resolution: The Abs Challenge" (<http://bit.ly/Abs-Tabata-Challenge>) Es sind nur 4 Übungen, die du jeweils 20 Sekunden lang ausführst, über 2 Runden. Nach jeder Übung machst du eine Pause für 10 Sekunden, aber nicht länger! -----

----- This is the second 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



Crunches

Jus your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.



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.



Hips Bridge

Lie on your back and push your body up so that it forms a straight line. Keep this position and the body tension for the time. Use your arms to stabilize and pay attention that your hip doesn't dip down.



Leg Shuffle

Fully extend your legs and shuffle your legs up and down. Pay attention that you're not falling into a hollow back.

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.

