



Abs Challenge #3: Crunching Tiger Abs
Tabata



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
4.0



20%



40%



40%



0%

4
Exercises

Tags: Core Abs Abs Tabata Abs Challenge Sixpack Belly

Runde



Windmill

20sec.

Pause

10sec.



Over and Unders

20sec.

Pause

10sec.



Side Plank

20sec.

Pause

10sec.



Toe Touches

20_{sec.}

Pause

10_{sec.}

Runde



Windmill

20_{sec.}

Pause

10_{sec.}



Over and Unders

20_{sec.}

Pause

10_{sec.}



Side Plank

20_{sec.}

Pause

10_{sec.}



Toe Touches

20_{sec.}

Pause

10_{sec.}

Description

Das ist das dritte 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 third 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



Windmill

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



Over and Unders

Use something shoulder wide and thin (long sock, small towel) for this exercise. Lie on your back and lift your legs and lower and upper body off the ground. Now alternately outstretch your legs and pull them towards you while alternately putting your legs over and under the thing you use.



Side Plank

Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Do not let your hips dip down.



Toe Touches

Lie on your back and outstretch your legs vertically. Then try to touch your toes repeatedly or go as high as you can.

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.