



Abs Challenge #12: Exciting Dolphin Abs Tabata



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
3.3



0%



0%



100%



0%

4
Exercises

Tags: Core Abs Abs Challenge Abs Tabata Abstabata Side Abs Sixpack

Runde



Plank

20_{sec.}

Pause

10_{sec.}



Side Plank

20_{sec.}

Pause

10_{sec.}



Reversed Pushup Hold

20_{sec.}

Pause

10_{sec.}



Superman

20_{sec.}

Pause

10_{sec.}

Runde



Plank

20_{sec.}

Pause

10_{sec.}



Side Plank

20_{sec.}

Pause

10_{sec.}



Reversed Pushup Hold

20_{sec.}

Pause

10_{sec.}



Superman

20_{sec.}

Pause

10_{sec.}

Description

Das ist das zwölfte 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 twelvth 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



Plank

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



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.



Reversed Pushup Hold

This exercise is static - you don't do movements. Try to keep the body tension while keeping your back straight. It is mainly working on your arms, shoulders and back.



Superman

Lie on your stomach and lift your arms and legs slowly. Hold this position for the time and do not raise your limbs too high.

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.

