



The mugging Cuscus Workout



Created by *Chris*

4 min.
0 sec.

Difficulty
3.0



0%



0%



100%



0%

4
Exercises

Tags: Core Abs Abs Tabata Tabata Abstabata

Runde



Russian Twist

20sec.

Pause

10sec.



Flutter Kicks

20sec.

Pause

10sec.



Ankle Tap

20sec.

Pause

10sec.



Bicycle

20sec.

Pause

10sec.

Runde



Russian Twist

20sec.

Pause

10sec.



Flutter Kicks

20_{sec.}



Pause

10_{sec.}



Bicycle

20_{sec.}

Pause

10_{sec.}

Description

Abs Tabata! 20sec of each exercise, followed by 10 seconds of rest! Do it over 2 rounds!

Exercise descriptions



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.



Flutter Kicks

Do horizontal movements with your legs so that they cross each other. If you fall into a hollow back, try to place your hands below your butt or make a break.



Ankle Tap

Start on your hands and knees and plant your right foot on the ground slightly pointing outwards, halfway between your hip and shoulder. Lift your left knee and touch the the inside of your left ankle to your right calf. Switch sides after halftime.



Bicycle

Lie on the back while alternately extending one leg while you pull the knee of the other leg toward your chest. Keep both legs off the ground the whole time

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.