



Abs Challenge #1: Wild Bear Abs
Tabata

THE ABS CHALLENGE

#1



Created by Phil from Sidefits

There's nothing comparable to a good workout!

3 min.
50 sec.

Difficulty
3.3



0%



25%



75%



0%

4
Exercises

Tags: Core Abs Abs Challenge Abs Tabata Belly

Runde



Atomic Situps

20_{sec.}

Pause

10_{sec.}



Ankle Tap

20_{sec.}

Pause

10_{sec.}



Plank

20_{sec.}

Pause

10_{sec.}



Bicycle

20_{sec.}

Pause

10_{sec.}

Atomic Situps

20_{sec.}

Pause

10_{sec.}

Ankle Tap

20_{sec.}

Pause

10_{sec.}

Plank

20_{sec.}

Pause

10_{sec.}

Bicycle

20_{sec.}

Description

This is the first 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! ----- Das ist das erste 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!

Exercise descriptions



Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.



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.



Plank

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



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.

