



Abs Challenge #10: Mocking Mountain Lion Abs Tabata



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
3.5



0%



27%



50%



22%

4
Exercises

Tags: [Core](#) [Abs](#) [Abs Challenge](#) [Abs Tabata](#) [Abstabata](#) [Side Abs](#) [Flat Belly](#) [Sixpack](#)

Runde



Commandos

20_{sec.}

Pause

10_{sec.}



Switch Kick

20_{sec.}

Pause

10_{sec.}



Windmill

20_{sec.}

Pause

10_{sec.}



L-Sit

5_{sec.}

Pause

25_{sec.}

Runde



Commandos

20_{sec.}



Pause

10_{sec.}



Switch Kick

20_{sec.}

Pause

10_{sec.}

Windmill

20_{sec.}

Pause

10_{sec.}



L -Sit

5_{sec.}

Pause

25_{sec.}

Description

Wirst du die 5 Sekunden im L-Sit schaffen? Probiere es! Es wird hart! Will you be able to do the L-Sit for 5sec? It's gonna be tough! Das ist das zehnte 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 tenth 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



Commandos

Alternately go into a pushup position and plank position.



Switch Kick

Start from an all-fours position and alternately extend one leg up and behind.



Windmill

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



L-Sit

Sit on the ground with extended legs and place your palms next to your hip on the ground. Now push yourself up so that neither your legs nor your butt touch the ground. Lean a bit forward and use your shoulders to do so.

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.

