

Group Tabata
Workout

Created by Josch from Sidefits

— Work Hard - Work Out Harder —

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28 min.
10 sec.Difficulty
3.3

Flexibility

0%



Muscle Str.

15%



Muscle End.

76%



Cardio

7%

9
Exercises

Tags: Fun with Friends Back Upper Body Abs Legs Core Group

4 x Runde 1

Squats	50Reps
Pause	30sec.

4 x Runde 2

Backrow	20sec.
Pause	10sec.
One Leg Hips Lift Bridge	20sec.
Pause	20sec.

4 x Runde 3

Burpees	20sec.
Pause	10sec.
Side Lunges	20sec.
Pause	20sec.

4 x Runde 4

Pushup

20_{sec.}

Pause

10_{sec.}

Triceps Dip

20_{sec.}

Pause

20_{sec.}

4 x Runde 5

Atomic Situps

20_{sec.}

Pause

10_{sec.}

Russian Twist

20_{sec.}

Pause

20_{sec.}

Description

Dieses Workout besteht aus einer kurzen Erwärmung durch hohe Beanspruchung einer der größten Muskelgruppen, gefolgt von vier Tabata Einheiten - je eine pro Körperregion. Angenehm an Tabata-Training ist, dass jeder Sportler selbst über die Intensität bestimmen kann.

Exercise descriptions



Squats

Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward.



Backrow

Lie on your stomach and lift your outstretched arms and legs slowly. Then pull your arms back, keeping them close to your body and try to close your shoulder blades.



One Leg Hips Lift Bridge

Lie on your back with the knees bent and feet hip-width apart. Place arms at your side and lift up the spine and hips. Only the head, feet, arms, and shoulders should be on the ground. Then lift one leg upwards, keeping the core tight. Slowly bring the leg back down, then lift back up.



Burpees

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup position, complete one pushup so that your chest touches the ground, then immediately return the feet to the squat position. Leap up as high as possible before moving back into the pushup portion.



Side Lunges

Do a wide side step while one leg is almost bent 90° and the other is kept straight. Pay attention to a straight back and change sides after each repetition.



Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.



Triceps Dip

Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Go down until a 90-degree angle and push up again.



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.



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.

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.

