



The full Olm Workout

Created by Susan

3 min.
40 sec.

Difficulty
3.2



15%



19%



65%



0%

5
Exercises

Tags:

Abs

Flat Belly

Sixpack

Runde



Plank

30_{sec.}



Bicycle

20_{Reps}



Starfish Crunches

20_{Reps}



Ankle Tap

20_{Reps}



Leg Raises

20_{Reps}



Plank

30_{sec.}

Description

My morning Abs routine :)

Exercise descriptions



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 towards your chest. Keep both legs off the ground the whole time.



Starfish Crunches

Lie on your back with slightly lifted and widespread arms and legs. Then use momentum to come up into a sitting position and keep your arms and legs tight to your body.



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.

Leg Raises

Lie on your back and outstretch your legs vertically. Then lower them down and raise them up again, without touching the ground. Don't go into a hollow back, place your palms on the ground, slightly below your butt to avoid this.

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.