

Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min. 0 sec.

Difficulty 3.0









4 Exercises















Crunches

20sec.

Pause

10sec.



20sec.

Pause

 $10_{\text{sec.}}$

Hips Bridge

20sec.

Pause

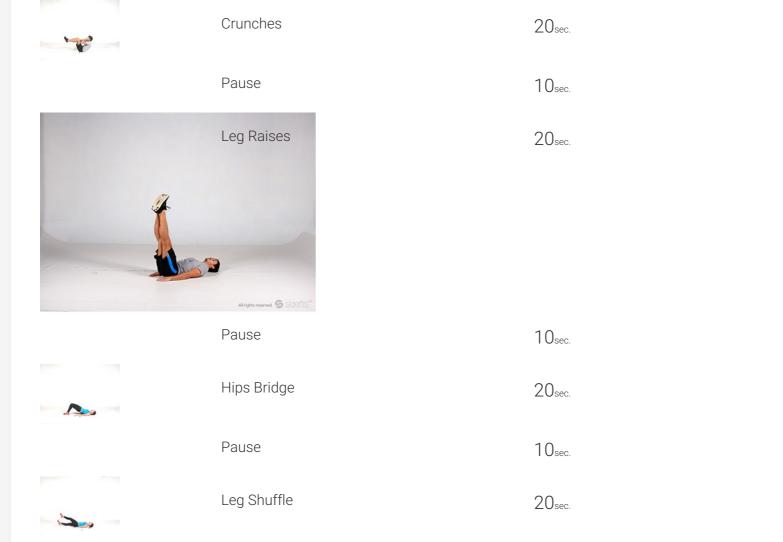
 $10_{\text{sec.}}$

Leg Shuffle

20_{sec.}

Pause

 $10_{\text{sec.}}$



Description

Das ist das zweite 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!

10sec.

Exercise descriptions



Pause

Crunches

Jus your lower back touches the ground and you try to go as high as possible while holding your legs still. Do the moves slowly and try to not use acceleration from the arms.





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.



Hips Bridge

Lie on your back and push your body up so that it forms a straight line. Keep this position and the body tension for the time. Use your arms to stabilize and pay attention that your hip doesn't dip down.



Leg Shuffle

 $Fully\ extend\ your\ legs\ and\ shuffle\ your\ legs\ up\ and\ down.\ Pay\ attention\ that\ you're\ not\ falling\ into\ a\ hollow\ back.$

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.