



Abs Challenge #5: Moaning Gorilla Abs  
Tabata



Created by *Phil* from *Sidefits*

*There's nothing comparable to a good workout!*

4 min.  
0 sec.

Difficulty  
3.3



0%



25%



75%



0%

4  
Exercises

Tags: Core Abs Abs Challenge Side Abs Abs Tabata

Runde



Ballerina Dip	20 <sub>sec.</sub>
Pause	10 <sub>sec.</sub>
Russian Twist	20 <sub>sec.</sub>
Pause	10 <sub>sec.</sub>
Starfish Crunches	20 <sub>sec.</sub>
Pause	10 <sub>sec.</sub>
Plank	20 <sub>sec.</sub>
Pause	10 <sub>sec.</sub>



Runde



Ballerina Dip	20 <sub>sec.</sub>
Pause	10 <sub>sec.</sub>
Russian Twist	20 <sub>sec.</sub>
Pause	





Starfish Crunches

10<sub>sec.</sub>

Pause

20<sub>sec.</sub>



Plank

10<sub>sec.</sub>

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>

## Description

Das ist das fünfte 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 fifth 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



### Ballerina Dip

Go into a sideplank position and outstretch the upper arm. Then reach through the gap between your body and the floor as far as possible and go back to the starting position.



### 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.



### 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.



### Plank

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

*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.*