



Abs Tabata for your summer body



Created by *Johann Wang*

*Training for muscle up*

4 min.  
0 sec.

Difficulty  
4.0



0%



40%



40%



20%

4 Exercises

Tags: Legs Upper Body Abs

Runde



Hollow Rock 20<sub>sec.</sub>

Pause 10<sub>sec.</sub>



Toe Touches 20<sub>sec.</sub>

Pause 10<sub>sec.</sub>



Ankle Tap 20<sub>sec.</sub>

Pause 10<sub>sec.</sub>



Starfish Crunches 20<sub>sec.</sub>

Pause 10<sub>sec.</sub>

Runde



Hollow Rock 20<sub>sec.</sub>

Pause 10<sub>sec.</sub>



Toe Touches

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Ankle Tap

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Starfish Crunches

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>

## Description

Abs Tabata workout - get the most out of short and intense 4 minute workout for your abs. Get the abs you always wanted!

## Exercise descriptions



### Hollow Rock

Lie on your back and extend your arms and legs while just your lower back is touching the ground. Hold this position. Be careful not to fall into a hollow back. If so, put your arms more above or in front of your head to reduce the leverage.



### Toe Touches

Lie on your back and outstretch your legs vertically. Then try to touch your toes repeatedly or go as high as you can.



### 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.



### 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.

*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.*