



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min. 0 sec.

Difficulty 3.5









4

Exercises

Tags: Core Abs





Runde

Starfish Crunches

20sec.

Pause

10sec.

Ankle Tap

20_{sec.}

Pause

10sec.

20_{sec.}



Pause

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

Bicycle

20_{sec.}

Pause

10sec.

Section 3	Starfish Crunches	20 _{sec.}
	Pause	10 _{sec.}
	Ankle Tap	20 _{sec.}
	Pause	10 _{sec.}
	Toe Touches	20 _{sec.}
	Alights received \$ 500000	4.0
	Pause	10 _{sec.}

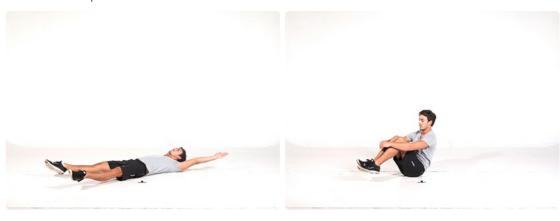
Bicycle 20_{sec.}

Pause 10_{sec.}

Description

This is the eleventh 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



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.





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.



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.

 $This \ workout \ has \ been \ created \ by \ a \ user. \ Participation \ at \ own \ responsibility. \ Please \ always \ pay \ attention \ to \ your \ health, \ reach \ out \ for \ the \ limit \ but \ stop \ if \ it \ gets \ too \ tough.$

Made by Sidefits with ♥ in Hamburg/ Copenhagen