



Abs Challenge #4: Flexing Cheetah Abs  
Tabata



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min.  
0 sec.

Difficulty  
3.0



0%



0%



80%



20%

4  
Exercises

Tags: Core Abs Sixpack Side Abs Belly Abs Challenge Abs Tabata Tabata Abstabata

Runde



Side Crunch

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Knee Plank

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Hollow Rock

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Flutter Kicks

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>

Runde



Side Crunch

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Knee Plank

20<sub>sec.</sub>



Pause

10<sub>sec.</sub>

Hollow Rock

20<sub>sec.</sub>



Pause

10<sub>sec.</sub>

Flutter Kicks

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>

## Description

Das ist das vierte 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 fourth 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



### Side Crunch

Lie on your back, bend your legs 90 degrees and bring your upper body up, so that your elbow touches the opposite leg.



### Knee Plank

Go down on your knees and forearms and try to hold your back and hips in one line and tighten your belly.



### 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.



### Flutter Kicks

Do horizontal movements with your legs so that they cross each other. If you fall into a hollow back, try to place your hands below your butt or make a break.

*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.*