



## Abs Challenge #9: Craving Cobra Abs Tabata



Created by *Phil from Sidefits*

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

4 min.  
0 sec.

Difficulty  
3.5



20%



20%



60%



0%

4  
Exercises

Tags:

Core

Abs

Abs Challenge

Abs Tabata

Abstabata

Side Abs

Flat Belly

Sixpack

### Runde



Cobra Knee Tucks

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Leg Shuffle

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Atomic Situps

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Ankle Tap

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>

### Runde



Cobra Knee Tucks

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Leg Shuffle

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Atomic Situps

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>



Ankle Tap

20<sub>sec.</sub>

Pause

10<sub>sec.</sub>

## Description

Das ist das neunte 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 ninth 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



### Cobra Knee Tucks

Start from a pushup position while keeping one leg up in the air. Let your hip dip down a bit so that you feel a stretch. Then you pull in your leg and try to bring your chin to your chest. Keep your back and abs under tension throughout the whole exercise. Switch sides after the first half.



### Leg Shuffle

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



### Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.



### 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.

*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.*

