



Abs Challenge #8: Cool Koala Abs Tabata



Created by *Phil* from *Sidefits*

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
3.3



20%



20%



60%



0%

4
Exercises

Tags:

Core

Abs

Abs Challenge

Abs Tabata

Abstabata

Side Abs

Sixpack

Flat Belly

Runde



Candlestick Dipper

20_{sec.}

Pause

10_{sec.}



Toe Touches

20_{sec.}

Pause

10_{sec.}



Hips Raise Crunch

20_{sec.}

Pause

10_{sec.}



Russian Twist

20_{sec.}

Pause

10_{sec.}

Runde



Candlestick Dipper

20_{sec.}

Pause

10_{sec.}



Toe Touches

20_{sec.}

Pause

10_{sec.}



Hips Raise Crunch

20_{sec.}

Pause

10_{sec.}



Russian Twist

20_{sec.}

Pause

10_{sec.}

Description

Das ist das achte 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 eighth 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



Candlestick Dipper

One leg is outstretched while you knee down with your other leg. Slowly bend over to one side, holding your body under tension the whole time. Switch sides in the middle.



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.



Hips Raise Crunch

Lie on your back and place your hands slightly under your butt. Then, bring your legs up and push yourself up with the hands so that your lower back does not touch the ground anymore and forms a straight line with your legs. Bring your legs down again, outstretch them in parallel to the floor without touching it and repeat.



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.

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.

