



Abs Challenge #6: Talking Triggerfish Abs Tabata



Created by Phil from Sidefits

There's nothing comparable to a good workout!

4 min.
0 sec.

Difficulty
3.5



20%



0%



80%



0%

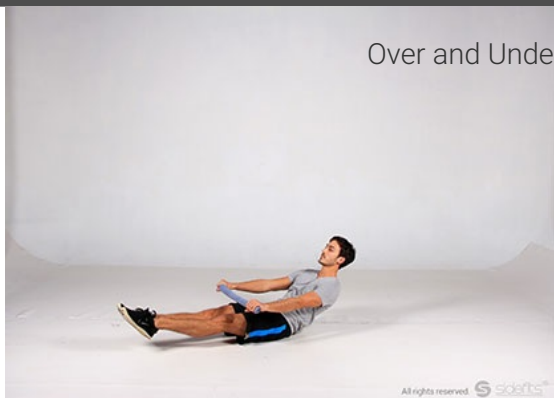
4
Exercises

Tags: [Core](#) [Abs](#) [Abs Challenge](#) [Abs Tabata](#) [Abstabata](#) [Sixpack](#)

Runde

Over and Unders

20_{sec.}



Pause

10_{sec.}



Russian Twist

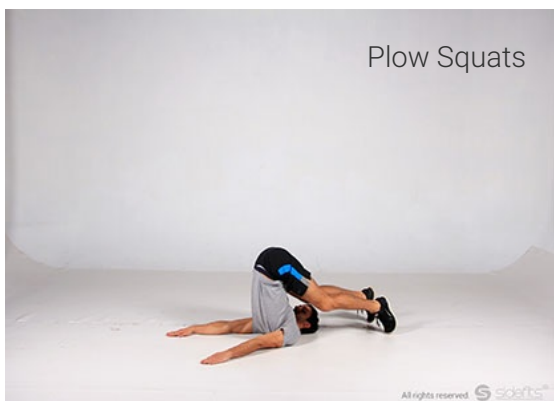
20_{sec.}

Pause

10_{sec.}

Plow Squats

20_{sec.}



Pause

10_{sec.}



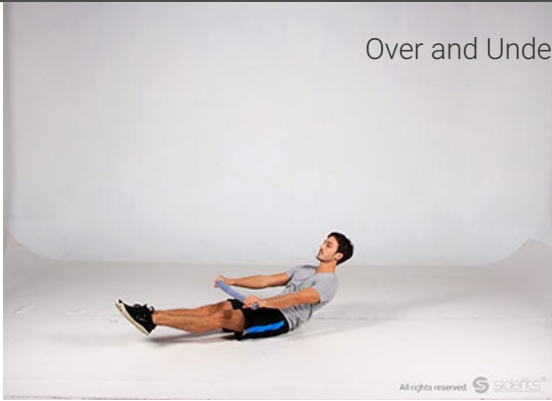
Side Crunch

20_{sec.}

Pause

10_{sec.}

Runde



Over and Unders

20_{sec.}

Pause

10_{sec.}



Russian Twist

20_{sec.}

Pause

10_{sec.}



Plow Squats

20_{sec.}

Pause

10_{sec.}



Side Crunch

20_{sec.}

Pause

10_{sec.}

Description

Das ist das sechste 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 sixth 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!



Over and Unders

Use something shoulder wide and thin (long sock, small towel) for this exercise. Lie on your back and lift your legs and lower and upper body off the ground. Now alternately outstretch your legs and pull them towards you while alternately putting your legs over and under the thing you use.



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.



Plow Squats

Start from a sitting position and roll backwards so that your feet touch the ground. Then use momentum and roll forward to stand up. Do a Squat and take the sitting position again and repeat.



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.

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.