

Tabata Abs Workout:



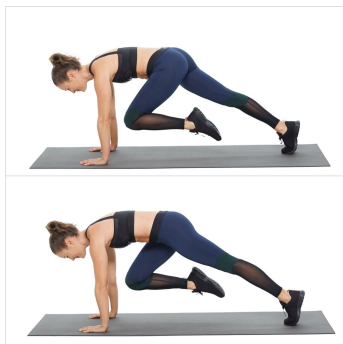
Wie funktioniert's?

Set 1:
20sek Übung 1
10 sek Pause
20sek Übung 2
10sek Pause
→ 4x Set 1

1min Pause
→ Set 2 (wie oben)
1min Pause
→ Set 3 (wie oben)
= 15min High Intensity Workout

Set 1:

Flutter Kicks

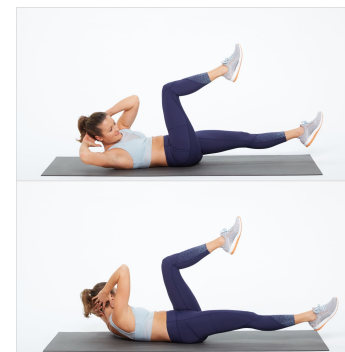


Mountain Climbers

Set 3:



Heel Taps



Bicycle Crunch



Set 2:

Russian Twist



Spiderman Plank

Apps:



Seconds-Intervalltimer

