

Tabata

8 runder. 20sek på. 10 sek pause:

Runde 1 & 5 - Hollow Rock

Runde 2 & 6 - SL alt V-ups

Runde 3 & 7 - V-ups

Runde 4 & 8 - Butterfly sit-ups.

Hollow Rock

SL alt V-ups

V-ups

Butterfly sit-ups