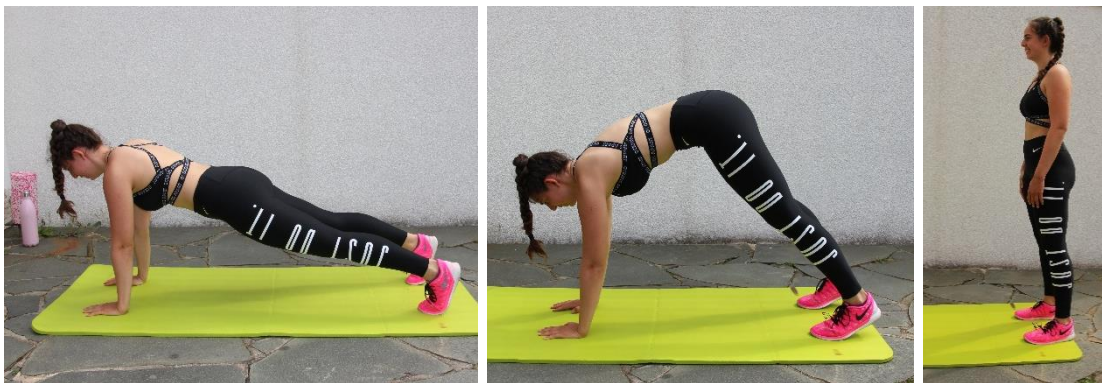


Plankworkout - Rumpfstabi

Warmup:

Raupe (10x)



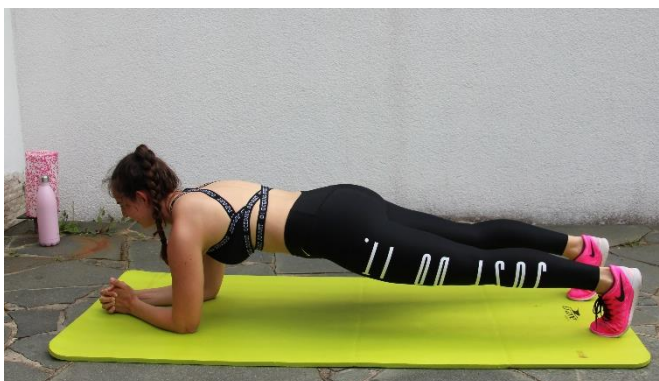
Let's Plank:

Durchführung:

2 Durchgänge: zwischen den Durchgängen 4 min Pause

30sec Übung - 30 sec Pause

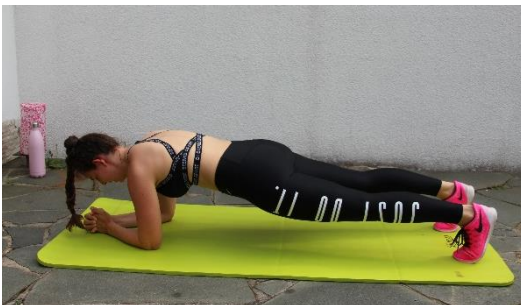
1. Plank



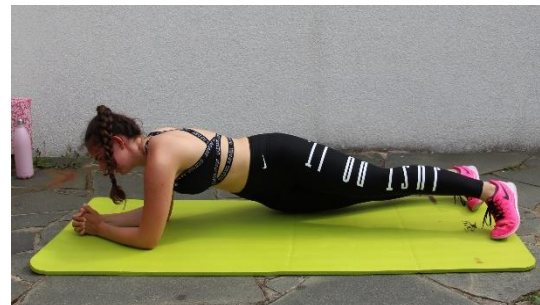
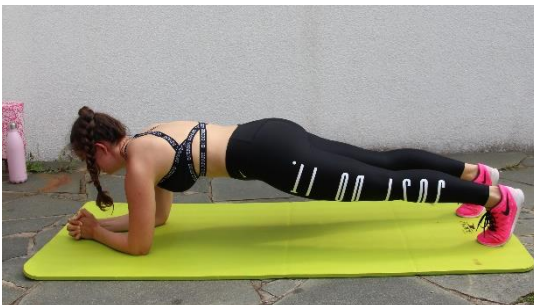
2. Side Plank



3. High Plank



4. Plank Rotation



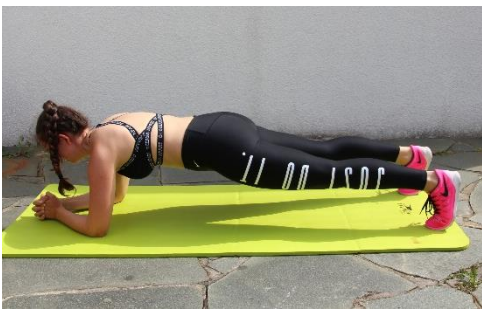
5. Plank knee to elbow



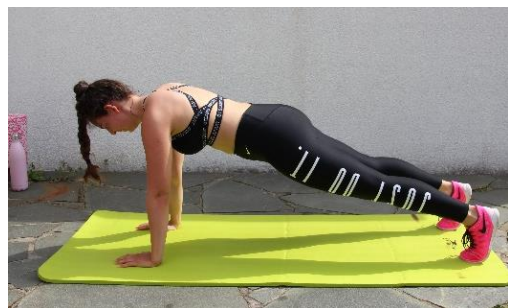
6. Rocking Plank



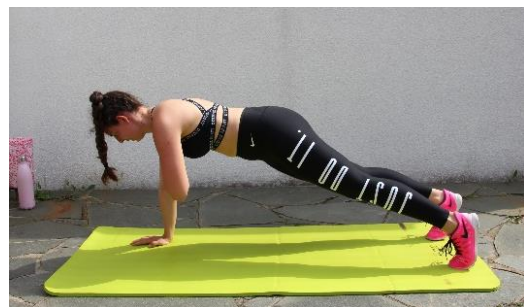
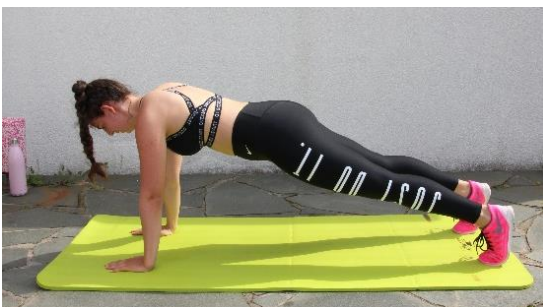
7. Plank Twist



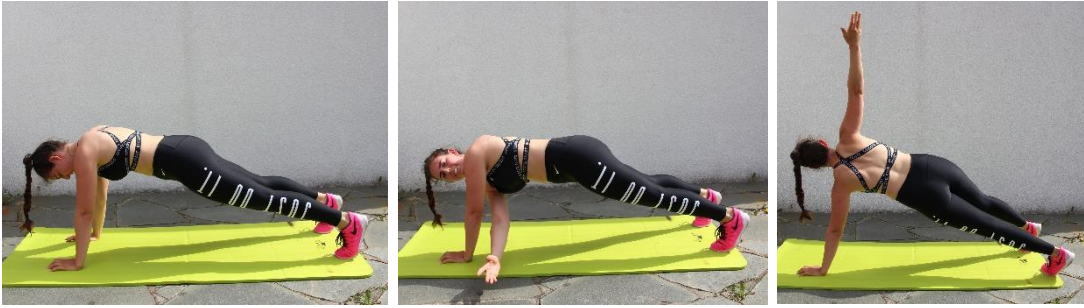
8. Plank - Stütz



9. Stütz Schultertippen

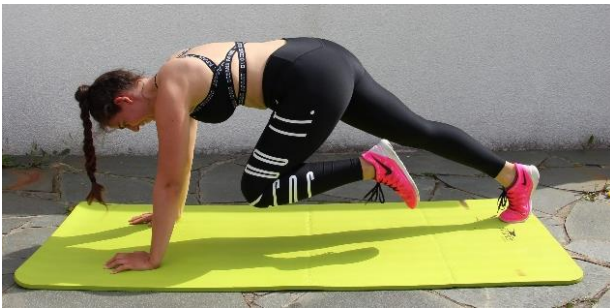


10. Liegestützdrehung

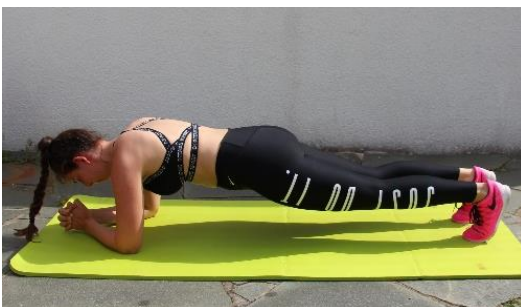


Finisher:

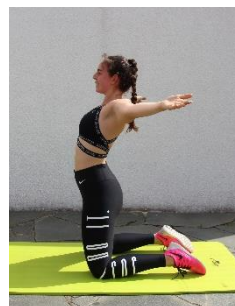
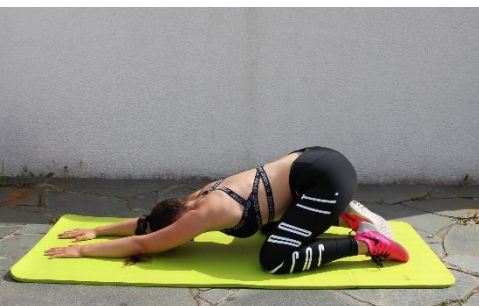
- Mountainclimber



- Plank Jump



Cool down:



Viel Spaß!