

Trainingseinheit	Inahlt	Video Links
1. Einheit	Tabata: 8x20s work 10s rest Hollow Hold rest 1min Superman Hold	Hollow hold: https://www.youtube.com/watch?v=WRHcG59yN2Q superman hold: https://www.youtube.com/watch?v=Y3Mgmu1YMw8
2. Einheit	Plank Cycle 3 rounds 1min Plank 30s side Plank 30a side Plank 30s reverse Plank 30s rest	Plank: https://www.youtube.com/watch?v=JWfUAXO_8IU Side Plank: https://www.youtube.com/watch?v=7liBZAorHK0 Reverse Plank: https://www.youtube.com/watch?v=ZNAxdJ6Bt00
3. Einheit	2 rounds 1min each station I reverse crunches II sit ups III leg raises IV flutterkicks	Reverse Crunch: https://www.youtube.com/watch?v=el_atkcT2_8 Leg Raises: https://www.youtube.com/watch?v=JB2oyawG9KI Flutterkicks: https://www.youtube.com/watch?v=ANVdMDaYRts
4. Einheit	"Tabata": 8x20s work 10s rest Hollow Hold rest 1min Superman Hold	
5. Einheit	Plank Cycle 3 rounds 1min Plank 30s side Plank 30a side Plank 30s reverse Plank 30s rest	

6. Einheit	2 rounds 1min each station I reverse crunches II sit ups III leg raises IV flutterkicks 10s Hollwo Hold 1min rest between rounds	
7. Einheit	Tabata: 8x20s work 10s rest Hollow Hold rest 1min Superman Hold	
8. Einheit	Plank Cycle 3 rounds 1min Plank 30s side Plank 30a side Plank 30s reverse Plank 30s rest	
9. Einheit	2 rounds 1min each station I reverse crunches II sit ups III leg raises IV flutterkicks	
10.. Einheit	5min amrap 50 sit ups 40 reverse crunches 30 superman 20 hollow rocks 10 v-ups	V-Ups: https://www.youtube.com/watch?v=w68NBjc4oa0