

SIXPACK WORKOUT

WORKOUT 3 – HIIT MEETS CORE CARDIO + BAUCH, 25-30MIN



Fokus: Fettverbrennung + Core

Level: Mittel-Schwer

Pausen: 40 Sekunden, 20 Sekunden Pause pro Übung

Sätze: 2-3, 1 Minute Pause zwischen Runden

Übung	Widerholungen	Sätze
Burpees	40sek	2
Mountain Climbers	40sek	2
Russian Twists (+Gewicht)	40sek	2
Plank Jacks	40sek	2
Jumping Lunges	40sek	2
V-Ups	40sek	2
Side Plank + Hip Drops (rechts)	40sek	2
Side Plank + Hip Drops (links)	40sek	2
High Knees	40sek	2
Plank to Knee Tap	40sek	2
Leg Raises	40sek	2
Bicycle Crunches	40sek	2
Jump Squats	40sek	2
Hollow Body Hold	40sek	2

