



BODYWEIGHT TRAINING ZUM ABNEHMEN

Hi Allround Athlete,

wie versprochen bekommst du hier dein Workout zum Abnehmen. Es besteht aus den 6 Übungen, die ich dir gerade vorgestellt habe. Jede der Übungen machst du für 45 Sekunden.

Anschließend hast du 15 Sekunden Pause und machst dann mit der nächsten Übung weiter.

Insgesamt machst du hiervon 5 Runden und kommst damit auf 30 Minuten HIIT.

Alles, was du für dieses Workout brauchst, sind eine Stoppuhr oder einen HIIT Timer als App und eine rutschfeste Trainingsmatte.

- 1. Burpees**
- 2. High Knees**
- 3. On Point Punches**
- 4. Military Pushups**
- 5. Skater Jumps**
- 6. Sit-Ups**

Hier kommst du zu meinem Beitrag zu diesem Workout

Dein Coach Zimo

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**Werde Teil der Community.
Werde Allround Athlete.**

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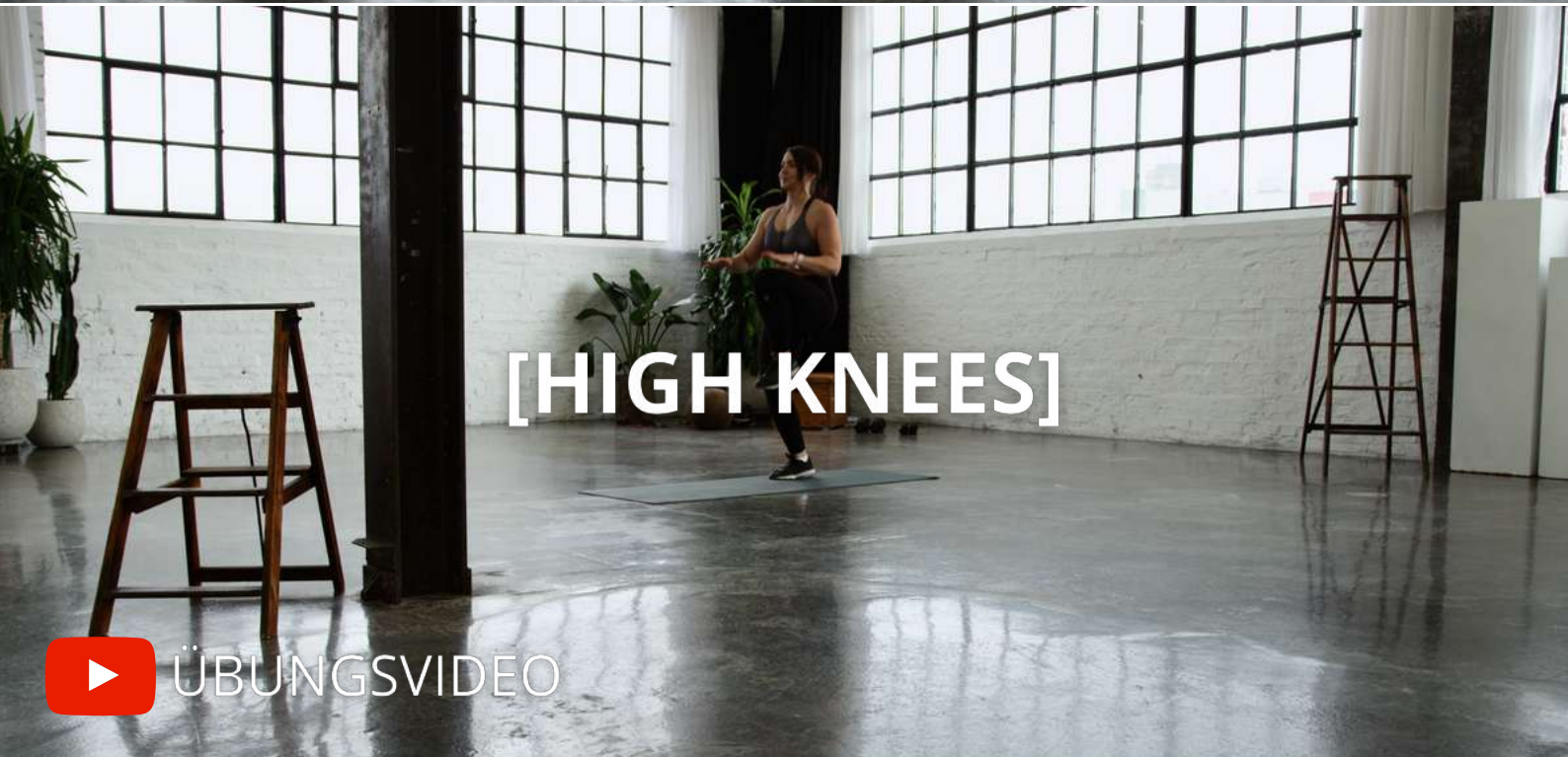
Support: kontakt@allroundathletics.de
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A woman in a grey sports bra and black leggings is performing a burpee in a large, bright studio with high ceilings and large windows. She is in the air, with her arms raised and legs bent. The floor is polished concrete, and there are wooden ladders and potted plants in the background.

[BURPEES]



ÜBUNGSDATEI

A woman in a grey sports bra and black leggings is performing high knees in a large, bright studio with high ceilings and large windows. She is standing on a blue mat, with her knees raised high and arms extended forward. The floor is polished concrete, and there are wooden ladders and potted plants in the background.

[HIGH KNEES]



ÜBUNGSDATEI

A man in a black tank top and black shorts is performing pushups in a large, bright studio with high ceilings and large windows. He is on a blue mat, with his arms extended and body low to the ground. The floor is polished concrete, and there are wooden ladders and potted plants in the background.

[PUSHUPS]



ÜBUNGSDATEI

A man in a gym setting, performing on-point punches. He is standing on a blue mat, wearing black shorts and white socks. His right arm is extended forward in a punching motion, and his left arm is bent at the elbow. The gym has large windows with black frames, a polished floor, and wooden ladders in the background.

ON POINT PUNCHES



ÜBUNGSDVIDEO

A man in a gym setting, performing military planks. He is lying on his stomach on a blue mat, with his elbows on the floor and his body in a straight line. The gym has large windows with black frames, a polished floor, and wooden ladders in the background.

[MILITARY PLANKS]



ÜBUNGSDVIDEO

A man in a gym setting, performing sit-ups. He is sitting on a blue mat, with his knees bent and his hands clasped in front of him. The gym has large windows with black frames, a polished floor, and wooden ladders in the background.

[SIT-UPS]



ÜBUNGSDVIDEO