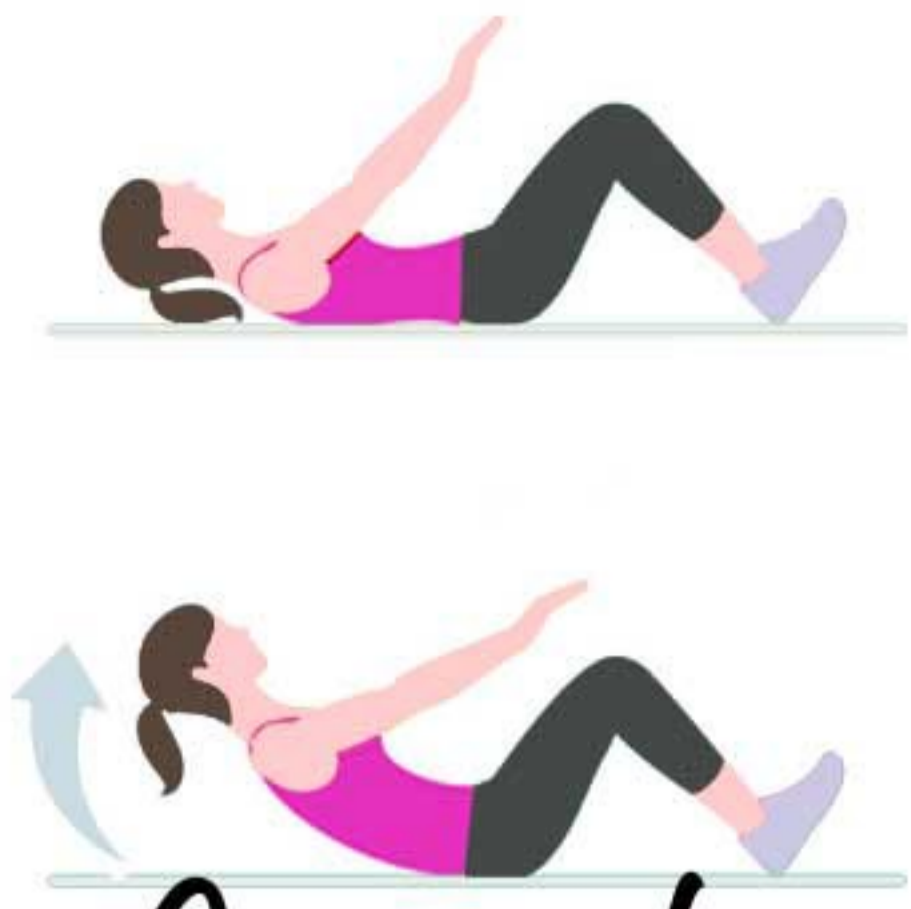


gefeminin Fitness-Challenge

30 Tage Bauch-Challenge

*Sekunden
**Wiederholungen je Seite



Crunches

Bein heben **

Plank *

Bicycle Crunches **

Tag 1

Tag 2

Tag 3

Tag 4

Tag 5

15 Crunches
6 Bein heben
12 Bicycle
15 Plank

20 Crunches
8 Bein heben
14 Bicycle
20 Plank

30 Crunches
10 Bein heben
16 Bicycle
25 Plank

PAUSE

35 Crunches
12 Bein heben
18 Bicycle
30 Plank

Tag 6

Tag 7

Tag 8

Tag 9

Tag 10

40 Crunches
14 Bein heben
20 Bicycle
35 Plank

45 Crunches
16 Bein heben
22 Bicycle
40 Plank

PAUSE

50 Crunches
18 Bein heben
24 Bicycle
45 Plank

55 Crunches
20 Bein heben
26 Bicycle
50 Plank

Tag 11

Tag 12

Tag 13

Tag 14

Tag 15

60 Crunches
22 Bein heben
28 Bicycle
55 Plank

PAUSE

65 Crunches
24 Bein heben
30 Bicycle
60 Plank

70 Crunches
26 Bein heben
32 Bicycle
65 Plank

75 Crunches
28 Bein heben
34 Bicycle
70 Plank

Tag 16

Tag 17

Tag 18

Tag 19

Tag 20

PAUSE

80 Crunches
30 Bein heben
36 Bicycle
75 Plank

85 Crunches
32 Bein heben
38 Bicycle
80 Plank

90 Crunches
34 Bein heben
40 Bicycle
85 Plank

100 Crunches
36 Bein heben
42 Bicycle
90 Plank

Tag 21

Tag 22

Tag 23

Tag 24

Tag 25

105 Crunches
38 Bein heben
44 Bicycle
95 Plank

PAUSE

110 Crunches
40 Bein heben
46 Bicycle
100 Plank

120 Crunches
42 Bein heben
48 Bicycle
105 Plank

125 Crunches
44 Bein heben
50 Bicycle
110 Plank

Tag 26

Tag 27

Tag 28

Tag 29

Tag 30

130 Crunches
46 Bein heben
52 Bicycle
115 Plank

135 Crunches
48 Bein heben
54 Bicycle
120 Plank

PAUSE

140 Crunches
50 Bein heben
56 Bicycle
120 Plank

145 Crunches
52 Bein heben
58 Bicycle
125 Plank