

40-Tage ASKÖ Fitness Challenge



Bauch und Po

<input type="checkbox"/> TAG 1	<input type="checkbox"/> TAG 2	<input type="checkbox"/> TAG 3	<input type="checkbox"/> TAG 4	<input type="checkbox"/> TAG 5	<input type="checkbox"/> TAG 6
16 Crunches 16 Squats+SLL 8** ALL 8 Bridges	15*Plank 8** DK 8** MC 8** Side-Lifts	20 Crunches 20 Squats+SLL 10 **ALL 10 Bridges	20*Plank 10** DK 10** MC 10** Side-Lifts	24 Crunches 24 Squats+SLL 12** ALL 12 Bridges	25*Plank 12** DK 12** MC 12** Side-Lifts
<input type="checkbox"/> TAG 7	<input type="checkbox"/> TAG 8	<input type="checkbox"/> TAG 9	<input type="checkbox"/> TAG 10	<input type="checkbox"/> TAG 11	<input type="checkbox"/> TAG 12
28 Crunches 28 SQ 14** ALL 14 Bridges	30*Plank 14** DK 14** MC 14** Side-Lifts	32 Crunches 32 SQ 16** ALL 16 Bridges	35*Plank 16** DK 16** MC 16** Side-Lifts	36 Crunches 36 SQ 18 ALL 18 Bridges	40*Plank 18 DK 18 MC 18 Side-Lifts
<input type="checkbox"/> TAG 13	<input type="checkbox"/> TAG 14	<input type="checkbox"/> TAG 15	<input type="checkbox"/> TAG 16	<input type="checkbox"/> TAG 17	<input type="checkbox"/> TAG 18
40 Crunches 40 SQ 20** ALL 20 Bridges	45*Plank 20** DK 20** MC 20** Side-Lifts	44 Crunches 44 SQ 22** ALL 22 Bridges	50*Plank 22** DK 22** MC 22** Side-Lifts	48 Crunches 48 SQ 24 ALL 24 Bridges	55*Plank 24 DK 24 MC 24 Side-Lifts
<input type="checkbox"/> TAG 19	<input type="checkbox"/> TAG 20	<input type="checkbox"/> TAG 21	<input type="checkbox"/> TAG 22	<input type="checkbox"/> TAG 23	<input type="checkbox"/> TAG 24
52 Crunches 52 SQ 26** ALL 26 Bridges	60*Plank 26** DK 26** MC 26** Side-Lifts	56 Crunches 56 SQ 28** ALL 28 Bridges	65*Plank 28** DK 28** MC 28** Side-Lifts	60 Crunches 60 SQ 30** ALL 30 Bridges	70*Plank 30** DK 30** MC 30** Side-Lifts
<input type="checkbox"/> TAG 25	<input type="checkbox"/> TAG 26	<input type="checkbox"/> TAG 27	<input type="checkbox"/> TAG 28	<input type="checkbox"/> TAG 29	<input type="checkbox"/> TAG 30
64 Crunches 64 SQ 32** ALL 32 Bridges	75*Plank 32** DK 32** MC 32** Side-Lifts	68 Crunches 68 SQ 34** ALL 34 Bridges	80*Plank 34** DK 34** MC 34** Side-Lifts	72 Crunches 72 SQ 36** ALL 36 Bridges	85*Plank 36** DK 36** MC 36** Side-Lifts
<input type="checkbox"/> TAG 31	<input type="checkbox"/> TAG 32	<input type="checkbox"/> TAG 33	<input type="checkbox"/> TAG 34	<input type="checkbox"/> TAG 35	<input type="checkbox"/> TAG 36
76 Crunches 76 SQ 38** ALL 38 Bridges	90*Plank 38** DK 38** MC 38** Side-Lifts	80 Crunches 80 SQ 40** ALL 40 Bridges	95*Plank 40** DK 40** MC 40 **Side-Lifts	84 Crunches 84 SQ 42** ALL 42 Bridges	100*Plank 42** DK 42** MC 42** Side-Lifts
<input type="checkbox"/> TAG 37	<input type="checkbox"/> TAG 38	<input type="checkbox"/> TAG 39	<input type="checkbox"/> TAG 40		
88 Crunches 88 SQ 44** ALL 44 Bridges	105*Plank 44** DK 44** MC 44** Side-Lifts	92 Crunches 92 SQ 46** ALL 46 Bridges	110*Plank 46** DK 46** MC 46** Side-Lifts		



Übungen

BAUCH

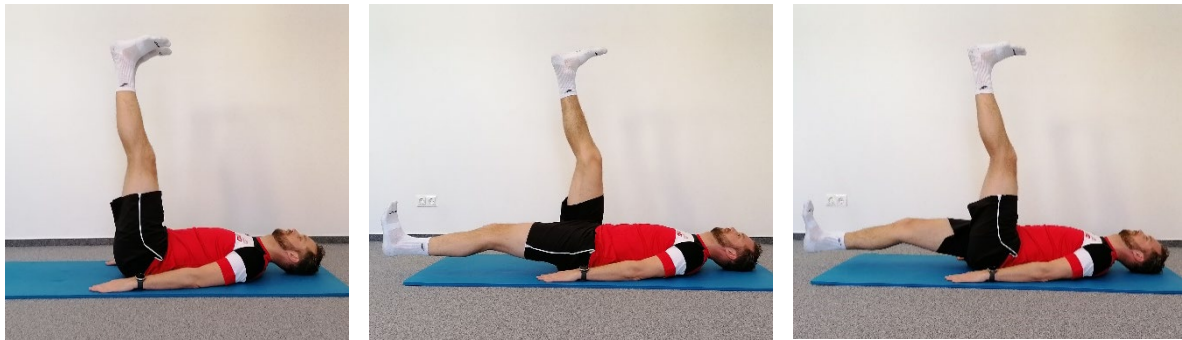
*Sekunden

** Wiederholungen pro Bein

Crunches (CR)



Alternate Leg-Lifts (ALL)**



Plank*



Mountain Climber (MC)**



Infos unter www.askoe-burgenland.at

Übungen

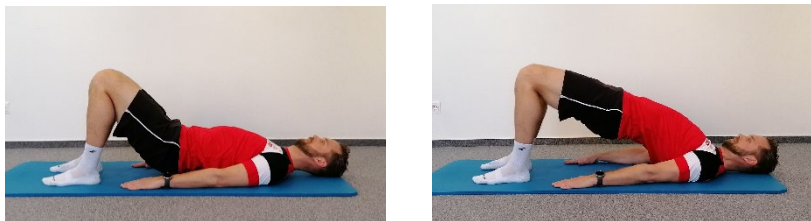
PO

** Wiederholungen pro Bein

Squat + Side Leg-Lifts (SQ)



Bridges



Donkey-Kicks (DK)**



Side-Lifts**



Infos unter www.askoe-burgenland.at