

Tabata-Training leicht

<https://www.schulsport-nrw.de/fuer-schuelerinnen-und-schueler/sport-machen/fit-in-der-krise.html>

Fotos, Konzeption: Dr. Andreas Simon
Gestaltung: PD Dr. Andreas Klee



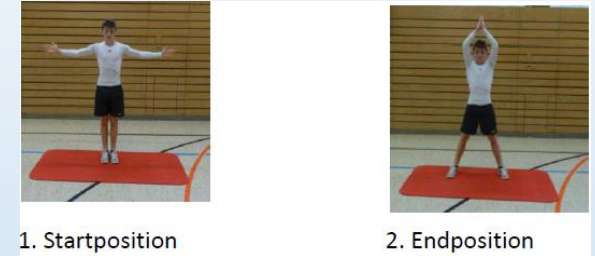
1. Skippings



2. Mountain Climbers



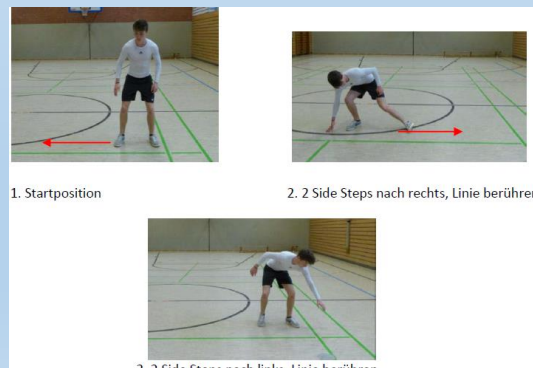
3. Unterarm-Liegestütz Wechsel



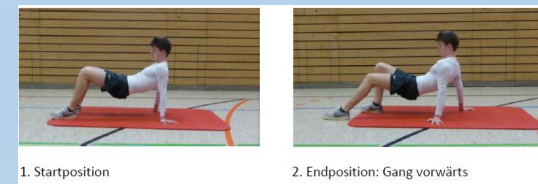
4. Jumping Jacks



5. Rudern sitzend



6. Side steps



7. Crab Walk

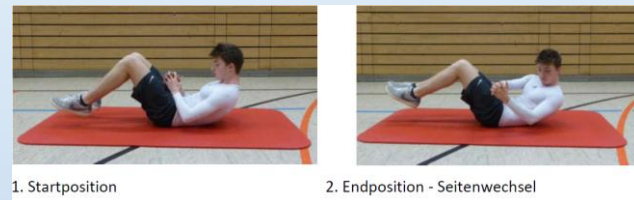


8. Superman

Tabata-Training mittel

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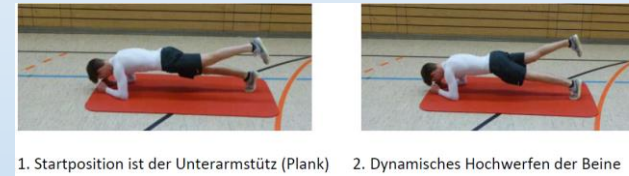
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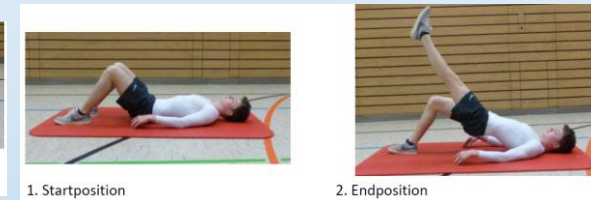
1. Twist



2. Skorpion



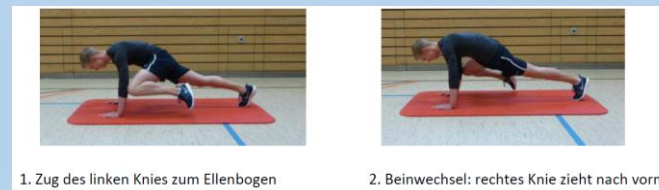
3. Plank run



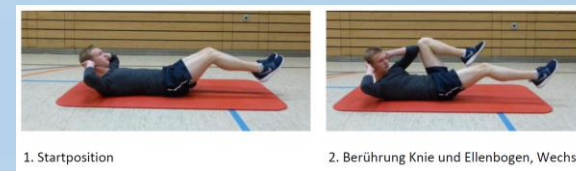
4. BeinSTEMME



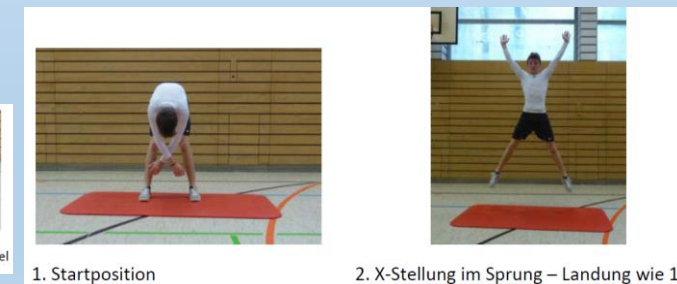
5. Beine kreuzen



6. Air Mountain Climbers



7. ABS Bicycles



8. X Jumping Jack with Split

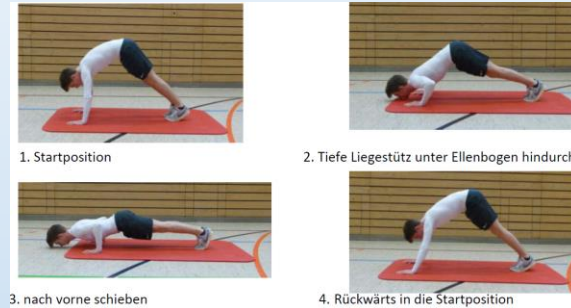
Tabata-Training schwer

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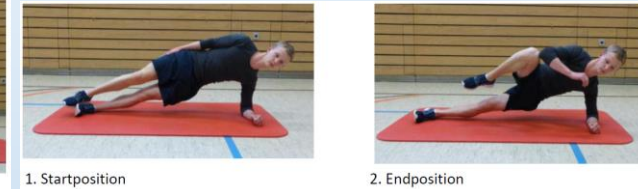
1. Pistols



2. Taucher



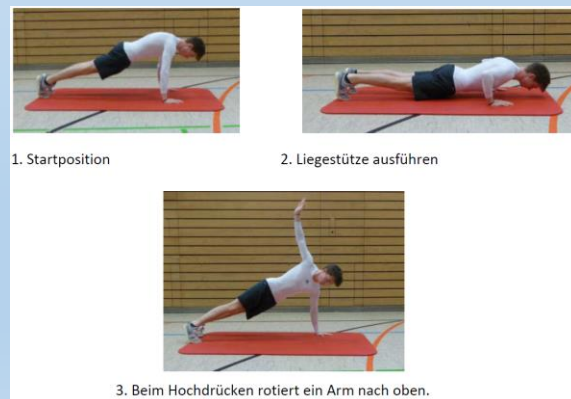
3. Jumping Lunges



4. Side Crunches links



5. Supine Legs Thrust



6. Push up with rotation



7. Side Crunches rechts



8. Kosackentanz