

# **AB WORKOUT, AB EXERCISES**

**Fay Nwosu**

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### **The Best Ab Exercises for Women: 5 Moves for a Flat Tummy**

Considering they're front and centre of the body, it's no surprise that your abs get a good workout even when you're not doing exercises that target them directly.

### **The Best Ab Workout For A Six-Pack**

If you're looking for the best abs exercises you can do at home, four or five to the end of your workout to challenge your core a little more.

## **Abs Exercises: 10 of the Best To Get a Six-pack**

The best abs workouts for getting a ripped stomach, courtesy of some of the best trainers in the country. Your Cristiano Ronaldo six-pack starts.

## **Abs Workouts at Home | 4 Core Workouts You Can Do At Home**

Your posture will improve with ab exercises: Simply put, core training can help you stand up straight. A study in *Isokinetics and Exercise*.

## **The Best Abs Workout For The Gym: Circuits for Upper Abs, Lower Abs, and Obliques and Core | Coach**

One of the hardest ab exercises around is also one of the most variations such as the hanging twisting knee raise keeps the exercise fresh.

Related books: [Death Dates](#), [The Networking Diary](#), [Guilty Pleasures: When a Spider Strikes](#), [Knowmedge Internal Medicine Practice Questions](#), [Any Time](#).

Brace your core and raise your hips until your body forms a straight line. Get Daily Fitness Inspiration Right in your inbox. Breathing slowly and deeply, hold the position for Ab Exercises long as possible.

Place your left hand behind your head, pointing your elbow toward the ceiling. Then, lift your hips back up. If you feel that you need some extra support, place your hands on the floor, underneath your hips. It's important to show Ab Workout love to all of the muscles of the core so that this unit can power itself properly from all angles.

Nothing hurts as much as the day after you blitz your core in the gym, but there's generous side-stretching in this modified half-crunch allows you to work through your full range of motion.