Top 10 Ab Exercises For Women

www.theundergroundbootcamp.com
@TheLadyTrainer

The Plank

Reps: 4
Duration: 30 seconds
Rest In Between Reps: 10 seconds

Butterfly Crunches

Sets: 3
Reps: 15 in each set
Rest In Between Sets: 10 seconds

Vertical Leg Crunches

Sets: 3
Reps: 15 in each set
Rest In Between Sets: 10 seconds

Bicycle Crunches

Sets: 4 (2 on each side)
Reps: 20 in each set
Rest In Between Sets: 10 seconds

Side Plank

Reps: 4 (2 on each side)
Duration: 30 seconds
Rest In Between Reps: 10 seconds
Side Crunches
Sets: 4 (2 on each side)
Reps: 20 in each set
Rest In Between Sets: 10 seconds

Leg Lifts
Sets: 4
Reps: 10 in each set
Rest In Between Sets: 10 seconds

Yoga Boat Pose
Reps: 4
Duration: 30 seconds (hold pose for 30 seconds...Don't forget to breath)
Rest In Between Reps: 10 seconds

The Bridge
Reps: 4
Duration: 30 seconds (hold bridge position for 30 seconds)
Rest In Between Reps: 10 seconds
You can do this exercise multiple times a day to relieve lower back stress

Superman
Reps: 6
Duration: 15 seconds (hold superman position for 15 seconds)
Rest In Between Reps: 5 seconds
You can do this exercise multiple times a day to relieve lower back stress