

# Top 10 Ab Exercises For Women

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[@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

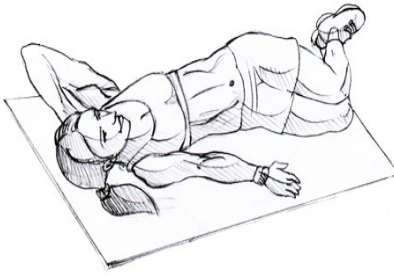


Sets: 4 (2 on each side)  
Reps: 20 in each set  
Rest In Between Sets: 10 seconds

## Side Plank

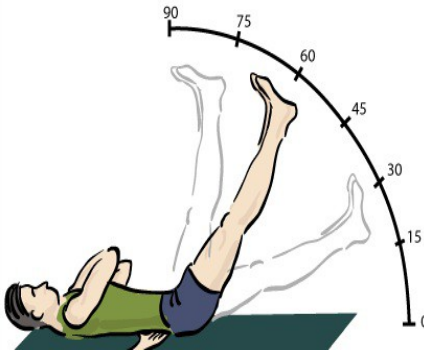


Reps: 4 (2 on each side)  
Duration: 30 seconds  
Rest In Between Reps: 10 seconds



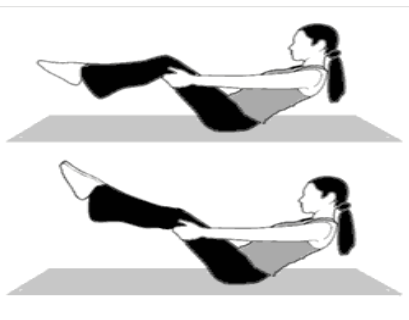
## Side Crunches

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



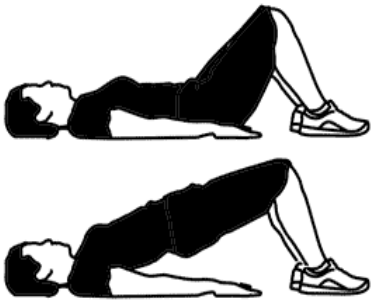
## Leg Lifts

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