

Resistance Band Abs Workout List

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Mini Band Abs Exercises without anchor	Resistance Band abs exercises with anchor
Flutter Kicks	Kneeling Crunches
Bicycle Crunch	Leg raises
Single-Leg Lift	Reverse Crunches
Standing Oblique Crunch	Standing Band Crunches
Side Leg Raises	Side plank Band Pull
Mountain Climber	Band Woodchop (Downward)
Bird Dog	Woodchop (Upward)
Plank Leg Kickback	–
Dead Bug	–
Hip Bridge	–
Russian Twist	–
Knee to outside elbow plank	–
V leg lifts	–

Resistance Band Abs Exercise Routine For Sturdy Core (No Anchor)

Rest: As little as possible.

Workout	Reps/Time
Flutter Kicks	15-sec
Bicycle Crunch	10 reps
Single-Leg Lift	6-8 reps
Standing Oblique Crunch	10-12 reps
Side Leg Raises	6-8 reps
Mountain Climber	20-sec
Bird Dog	5 reps
Plank Leg Kickback	6-8 reps
Dead Bug	30-sec
Hip Bridge	30-sec
Russian Twist	30-sec
Knee to outside elbow plank	30-sec
V leg lifts	6-8 reps

Resistance Band Core Workout Routine

Rest between sets: As little as possible.

Suggested Rounds: 2-3

Workout	Reps
Kneeling Crunches	15
Leg raises	10
Reverse Crunches	12
Standing Band Crunches	10
Side plank Band Pull	10
Band Woodchop (Downward)	10
Woodchop (Upward)	10

Do Resistance Bands Exercises Good For Abs?

Yes, you can build sturdy abs with resistance band workouts. Resistance band training can promote similar strength gains to weight training.¹

So, if you want to build a solid core and improve your balance and flexibility, you can incorporate the above resistance band abs exercises into your workout regime.

Related Articles:

- [Mini Band Tricep Exercises For Strong Arms](#)
- [Resistance Band Bicep Exercises](#)

- [Resistance Band Chest Workouts](#)
- [Do Resistance Bands Build Muscle?](#)

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