

# 12 Best Isometric Ab Exercises to Sculpt Your Core

[1. Forearm Plank](#)

[2. Side Plank](#)

[3. Floor L-Sit](#)

[4. V-sit hold](#)

[5. Bird-Dog Pose](#)

[6. Hollow Body Hold](#)

[7. Leg Lifts Hold](#)

[8. Tabletop Hold](#)

[9. Upward Facing Dog](#)

[10. Crouch Hover Plank](#)

[11. Hanging L-Sit](#)

[12. Boat Pose](#)

## How to Integrate Isometric Ab Exercises into Core Workout Routine

You can combine isometric core exercises with dynamic ones to make a routine or design a separate one.

Below I've shared a couple of examples that can help you make an effective workout plan.

### **Routine 1 (Only Static Core Exercises)**

Rounds: Two for beginners and three for intermediates.

<b>Exercise</b>	<b>Duration</b>
Tabletop Hold	10 seconds
Forearm Plank	30 seconds
Crouch Hover Plank	30 seconds
Side Plank	15-sec/side
Leg Lifts Hold	15 seconds
V-sit hold	10 seconds
Bird-Dog Pose	10-sec/side
Hollow Body Hold	10 seconds
Upward Facing Dog	10 seconds

## **Routine 2 (Dynamic and Static Core Workouts)**

Rounds: Two for beginners and three for intermediates

<b>Exercise</b>	<b>Duration</b>
Mountain Climbers	15 seconds
Tabletop Hold	10 seconds
Crossbody Mountain Climber	15 seconds
Crunches	15 seconds
Bird-Dog Pose	10-sec/side
V-sit hold	15 seconds
Leg Raises	15 seconds
Hollow Body Hold	10 seconds
Forearm Plank	30 seconds

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