LIST OF CORE EXERCISES FOR ALL FITNESS LEVELS

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1. Kneeling Cable Crunches
   • Exercise Difficulty: Beginner
   • Muscles Worked: Upper Abs
   • Equipment Needed: Cable Pulley

2. Standing Cable Crunch
   • Exercise Difficulty: Beginner
   • Muscles Worked: Upper Abs
   • Equipment Needed: Cable Pulley

3. Machine Ab Crunch
   • Exercise Difficulty: Beginner
   • Muscles Worked: Upper Abs
   • Equipment Needed: Abdominal Crunch Machine

4. Mountain Climber
   • Exercise Difficulty: Beginner
   • Muscles Worked: Lower Abs and Arms
   • Equipment Needed: None

5. Flutter Kicks
   • Exercise Difficulty: Beginner
   • Muscles Worked: Lower Abs
   • Equipment Needed: None

6. Bear Crawl
   • Exercise Difficulty: Intermediate
   • Muscles Worked: Abs, Legs, Arms, and Shoulders
   • Equipment Needed: Only Bodyweight
7. High Knees
   - Exercise Difficulty: Beginner
   - Muscles Worked: Abs and Legs
   - Equipment Needed: None
8. Reverse Crunches
   - Exercise Difficulty: Beginner
   - Muscles Worked: Lower Abs
   - Equipment Needed: Only Bodyweight
9. Alternate Heel Tap
   - Exercise Difficulty: Beginner
   - Muscles Worked: Obliques
   - Equipment Needed: None
10. Straight-arm Partial Sit-up
    - Exercise Difficulty: Beginner
    - Muscles Worked: Upper Abs
    - Equipment Needed: None
11. Leg Raises
    - Exercise Difficulty: Beginner
    - Muscles Worked: Lower Abs
    - Equipment Needed: None
12. Cross Body Mountain Climber
    - Exercise Difficulty: Intermediate
    - Muscles Worked: Abs and Oblique
    - Equipment Needed: None
13. Seated Knee Tucks
    - Exercise Difficulty: Beginner
    - Muscles Worked: Lower Abs
    - Equipment Needed: None
14. Cat Cow
    - Exercise Difficulty: Beginner
    - Muscles Worked: Abs and Back
    - Equipment Needed: None
15. Glute Bridge
    - Exercise Difficulty: Beginner
    - Muscles Worked: Abs and Glutes
• Equipment Needed: None

16. Plank Shoulder Tap
• Exercise Difficulty: Beginner
• Muscles Worked: Arms, Core, and Shoulder
• Equipment Needed: None

17. Landmine Oblique Twist
• Exercise Difficulty: Intermediate
• Muscles Worked: Abdominals and Shoulder
• Equipment Needed: Landmine Attachment, Barbell, and Plates

18. Oblique Crunch
• Exercise Difficulty: Intermediate
• Muscles Worked: Obliques
• Equipment Needed: None

19. Plank Dumbbell Drag
• Exercise Difficulty: Intermediate
• Muscles Worked: Shoulders and Abs
• Equipment Needed: A Dumbbell

20. Dumbbell Side Plank
• Exercise Difficulty: Intermediate
• Muscles Worked: Obliques and Shoulders
• Equipment Needed: One Dumbbell

21. Pallof press
• Exercise Difficulty: Intermediate
• Muscles Worked: Abs and Chest
• Equipment Needed: Cable Pulley

22. Dumbbell Plank Rotation
• Exercise Difficulty: Intermediate
• Muscles Worked: Abdominals
• Equipment Needed: One Dumbbell

23. Dumbbell Renegade Row
• Exercise Difficulty: Intermediate
• Muscles Worked: Abs, Back, Arms, and Shoulders
• Equipment Needed: Pair of Dumbbells

24. Dip/Leg Raise Combo
• Exercise Difficulty: Intermediate
• Muscles Worked: Core, Triceps, and Delts
• Equipment Needed: Dip Stand

25. Side Plank Hip Dips
• Exercise Difficulty: Intermediate
• Muscles Worked: Shoulder and Abs
• Equipment Needed: None

26. Barbell Rollout
• Exercise Difficulty: Advanced
• Muscles Worked: Shoulder and Abs
• Equipment Needed: Barbell

27. Incline Dumbbell Plank Row
• Exercise Difficulty: Intermediate
• Muscles Worked: Lats and Abs
• Equipment Needed: One Dumbbell

28. Lying Cable Crunches
• Exercise Difficulty: Intermediate
• Muscles Worked: Abs
• Equipment Needed: Cable Pulley

29. Plank Hip Twist
• Exercise Difficulty: Intermediate
• Muscles Worked: Abdominals and Anterior Delts
• Equipment Needed: None

30. Weighted Sit-up
• Exercise Difficulty: Intermediate
• Muscles Worked: Abs and Shoulders
• Equipment Needed: Dumbbell/Weight Plate

31. Hollow Body Hold
• Exercise Difficulty: Intermediate
• Muscles Worked: Abs
• Equipment Needed: None

32. Abdominal Decline Bench Crunch
• Exercise Difficulty: Intermediate
• Muscles Worked: Abs
• Equipment Needed: Decline

33. Weighted Plank
• Exercise Difficulty: Intermediate
• Muscles Worked: Abs and Shoulder
• Equipment Needed: Weight Plate

34. Roll Out
• Exercise Difficulty: Intermediate
• Muscles Worked: Core and Delts
• Equipment Needed: Ab Wheel

35. Toe Touch Crunch
• Exercise Difficulty: Intermediate
• Muscles Worked: Lower Abs
• Equipment Needed: None

36. Dumbbell Leg Raise
• Exercise Difficulty: Intermediate
• Muscles Worked: Lower Abs
• Equipment Needed: One Dumbbell

37. Reverse Cable Crunches
• Exercise Difficulty: Intermediate
• Muscles Worked: Lower Abs
• Equipment Needed: Cable Pulley

38. Spiderman Walk
• Exercise Difficulty: Intermediate
• Muscles Worked: Full Body
• Equipment Needed: None

39. DB Reverse Crunches
• Exercise Difficulty: Intermediate
• Muscles Worked: Lower Abdomen
• Equipment Needed: One Dumbbell

40. Russian Twist
• Exercise Difficulty: Intermediate
• Muscles Worked: Oblique
• Equipment Needed: None

41. Low to High Wood Chop
• Exercise Difficulty: Intermediate
• Muscles Worked: Oblique
• Equipment Needed: Cable Pulley
42. **High to Low Wood Chop**
   - Exercise Difficulty: Intermediate
   - Muscles Worked: Oblique
   - Equipment Needed: Cable Pulley

43. **Half-Kneeling DB Low to High Chop**
   - Exercise Difficulty: Intermediate
   - Muscles Worked: Oblique
   - Equipment Needed: One Dumbbell

44. **Horizontal Cable Wood Chop**
   - Exercise Difficulty: Beginner
   - Muscles Worked: Oblique
   - Equipment Needed: Cable Pulley

45. **Seated Barbell Torso Twist**
   - Exercise Difficulty: Intermediate
   - Muscles Worked: Oblique
   - Equipment Needed: Barbell

46. **Bird Dog**
   - Exercise Difficulty: Intermediate
   - Muscles Worked: Lower Back and Abs
   - Equipment Needed: None

47. **Hanging Leg Raise**
   - Exercise Difficulty: Intermediate
   - Muscles Worked: Rectus Abdominis
   - Equipment Needed: Pull-up bar

48. **Hanging Knee Raise**
   - Exercise Difficulty: Intermediate
   - Muscles Worked: Abdominals
   - Equipment Needed: Pull-up bar

49. **Hanging Side Leg Raises**
   - Exercise Difficulty: Intermediate
   - Muscles Worked: Abs and Obliques
   - Equipment Needed: Pull-up bar

50. **Squat To Oblique Twist**
   - Exercise Difficulty: Intermediate
   - Muscles Worked: Legs and Abs
• Equipment Needed: None

51. **Hanging Leg Circles**
- Exercise Difficulty: Advanced
- Muscles Worked: Entire Core and Arms
- Equipment Needed: Pull-up bar

52. **Spider Mountain Climber**
- Exercise Difficulty: Advanced
- Muscles Worked: Obliques and Abs
- Equipment Needed: None

53. **Plank Jacks**
- Exercise Difficulty: Intermediate
- Muscles Worked: Abdominals
- Equipment Needed: None

54. **Pushup to Knee Tap**
- Exercise Difficulty: Advanced
- Muscles Worked: Chest, Triceps, and Lower Abdomen
- Equipment Needed: None

55. **Dead Bug Isometric Hold**
- Exercise Difficulty: Intermediate
- Muscles Worked: Abs
- Equipment Needed: None

56. **V-Sit Iso Hold**
- Exercise Difficulty: Advanced
- Muscles Worked: Midsection
- Equipment Needed: None

57. **Scissor Kicks**
- Exercise Difficulty: Beginner
- Muscles Worked: Lower Abs
- Equipment Needed: None

58. **Inchworm**
- Exercise Difficulty: Intermediate
- Muscles Worked: Full Body
- Equipment Needed: None

59. **Standing Oblique Twist**
- Exercise Difficulty: Intermediate
• Muscles Worked: Side Stomach
• Equipment Needed: None

60. Butterfly Sit-up
• Exercise Difficulty: Advanced
• Muscles Worked: Midsection
• Equipment Needed: None

61. Floor Windshield Wiper
• Exercise Difficulty: Intermediate
• Muscles Worked: Abs, Hips, and Lower Back
• Equipment Needed: None

62. V-ups
• Exercise Difficulty: Intermediate
• Muscles Worked: Core
• Equipment Needed: None

63. Toes to Bar
• Exercise Difficulty: Advanced
• Muscles Worked: Arms and Abs
• Equipment Needed: Pull-up Bar

64. Dragon Flag
• Exercise Difficulty: Advanced
• Muscles Worked: Full Body
• Equipment Needed: None

65. Extended Plank
• Exercise Difficulty: Intermediate
• Muscles Worked: Upper Body and Abs
• Equipment Needed: None

66. Weighted Hollow Hold
• Exercise Difficulty: Advanced
• Muscles Worked: Entire Abs
• Equipment Needed: Dumbbell/Weight Plates/Medicine Ball

67. Medicine Ball Mountain Climber
• Exercise Difficulty: Advanced
• Muscles Worked: Abs and Shoulders
• Equipment Needed: Medicine Ball

68. Hanging Windshield Wiper
- Exercise Difficulty: Advanced
- Muscles Worked: Core, Lower Back, and Upper Body
- Equipment Needed: Pull-up Bar

**69. Forearm Plank Leg Lift**
- Exercise Difficulty: Intermediate
- Muscles Worked: Delts and Abdominals
- Equipment Needed: None

**70. Hanging Knee to Elbow**
- Exercise Difficulty: Advanced
- Muscles Worked: Abs and Arms
- Equipment Needed: Pull-up Bar

**71. Weighted Leg Raises**
- Exercise Difficulty: Advanced
- Muscles Worked: Abs and Arms
- Equipment Needed: Pull-up Bar

**72. Dumbbell Rollout**
- Exercise Difficulty: Advanced
- Muscles Worked: Abs and Upper Body
- Equipment Needed: Dumbbells

**73. Glute Bridge March**
- Exercise Difficulty: Intermediate
- Muscles Worked: Glutes and Abs
- Equipment Needed: None

**74. Break Dancer**
- Exercise Difficulty: Intermediate
- Muscles Worked: Abs and Torso
- Equipment Needed: None

**75. Sliding Knee Tuck**
- Exercise Difficulty: Advanced
- Muscles Worked: Abs and Shoulder
- Equipment Needed: Slider

**76. Cross Knee Mountain Climber**
- Exercise Difficulty: Intermediate
- Muscles Worked: Ab and Oblique
- Equipment Needed: None
77. **Stability Ball Rollout**
- Exercise Difficulty: Advanced
- Muscles Worked: Abs and Upper Body
- Equipment Needed: Swiss Ball

78. **Single-Leg Tuck-up**
- Exercise Difficulty: Advanced
- Muscles Worked: Lower Abs
- Equipment Needed: None

79. **Cable Tuck Crunch**
- Exercise Difficulty: Advanced
- Muscles Worked: Abdominals
- Equipment Needed: Cable Pulley

80. **Knee to outside elbow Mt. Climber**
- Exercise Difficulty: Intermediate
- Muscles Worked: Obliques
- Equipment Needed: None

81. **Plank to Squat Jump**
- Exercise Difficulty: Advanced
- Muscles Worked: Total Body
- Equipment Needed: None

82. **Grappler Pushups**
- Exercise Difficulty: Advanced
- Muscles Worked: Chest, Shoulder, Triceps, and Abs
- Equipment Needed: None

83. **Band Resisted Mountain Climbing**
- Exercise Difficulty: Advanced
- Muscles Worked: Total Core
- Equipment Needed: Resistance Bands

84. **Side Plank Band Pull**
- Exercise Difficulty: Advanced
- Muscles Worked: Back and Abs
- Equipment Needed: Resistance Bands

85. **Swiss Ball Crunches**
- Exercise Difficulty: Intermediate
- Muscles Worked: Abdominals
• Equipment Needed: Gym Ball

**86. Swiss Ball Knee Tuck**
- Exercise Difficulty: Advanced
- Muscles Worked: Abs and Arms
- Equipment Needed: Anti-Burst Exercise Ball

**87. Swiss Ball Roll Out**
- Exercise Difficulty: Advanced
- Muscles Worked: Shoulders, Arms, and Abs
- Equipment Needed: Stability Ball

**88. Swiss Ball Superman Pike**
- Exercise Difficulty: Advanced
- Muscles Worked: Shoulders, Arms, and Abs
- Equipment Needed: Gym Ball

**89. Kneeling Cable Oblique Crunches**
- Exercise Difficulty: Intermediate
- Muscles Worked: Abdominals
- Equipment Needed: Cable Pulley

**90. Jumping Knee Tuck**
- Exercise Difficulty: Advanced
- Muscles Worked: Full Body
- Equipment Needed: None

**91. Jackknife Sit-Up**
- Exercise Difficulty: Advanced
- Muscles Worked: Entire Core
- Equipment Needed: None

**92. High to Low Boat**
- Exercise Difficulty: Intermediate
- Muscles Worked: Abs
- Equipment Needed: None

**93. Side Plank Leg Lifts**
- Exercise Difficulty: Intermediate
- Muscles Worked: Shoulders and Obliques
- Equipment Needed: None

**94. Overhead Weight Carry Walk**
- Exercise Difficulty: Advanced
• Muscles Worked: Arms, Shoulder, and Abs
• Equipment Needed: Barbell/Dumbbell

95. Sit Outs
• Exercise Difficulty: Advanced
• Muscles Worked: Upper Body and Abs
• Equipment Needed: None

96. Kettlebell Swings
• Exercise Difficulty: Intermediate
• Muscles Worked: Shoulders and Abs
• Equipment Needed: Kettlebells

97. Decline Bench Russian Twist
• Exercise Difficulty: Advanced
• Muscles Worked: Abdominals
• Equipment Needed: Decline Bench

98. Hanging L-Sit
• Exercise Difficulty: Advanced
• Muscles Worked: Arms and Lower Abs
• Equipment Needed: Pull-up Bar

99. Star Plank
• Exercise Difficulty: Intermediate
• Muscles Worked: Core and Arms
• Equipment Needed: None

100. Straight-Leg Barbell Situp
• Exercise Difficulty: Advanced
• Muscles Worked: Abs, Arms, and Shoulders
• Equipment Needed: Barbell

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