

Beginner



Crunches

Lie down with hands crossed over the chest or behind the head and feet on the floor, knees bent. Contract the abs and lift the head and shoulders off the floor, bringing the rib cage toward the lower belly. Lower slowly back to start and repeat.

Intermediate



Ball Crunches

Lie with the ball resting under the mid/lower back and place hands behind the head or across the chest. Contract your abs to lift your torso off the ball, pulling the bottom of your ribcage down toward your hips. As you curl up, keep the ball stable.

Advanced



All Around Crunches

Begin with your body straight over the ball, weight extended behind you (not shown). Contract the abs to lift and bring the weight over the head, crunching up and twisting to the right, contracting the right side of the waist. Repeat for all reps and then switch sides.



Side Plank with Oblique Twist

Begin by lying on your side. Push up so that your body is supported by the right arm, feet stacked. Straighten left arm and sweep the left arm down and twist the body, turning it toward the floor while keeping the rest of the body in place.



Bicycle

Lie on the floor with knees bent and hand behind the head. Lift the shoulder blades off the ground and straighten left leg out while bringing the left elbow toward the right knee. Switch sides, bringing the right elbow toward the left knee. Continue alternating sides in a pedaling motion.