

LIST OF CORE EXERCISES FOR ALL FITNESS LEVELS

Created by: [Murshid Akram](#)
Check out [article](#) for more info

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 Shouders
- 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 Puhsups

- 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

Related:

[**The Ultimate 30 Day Ab and Squat Challenge**](#)

[**12-Week Ab Workout Plan for Six-Pack Abs**](#)

[**HIIT Core Workout to Sculpt Your Abs and Oblique**](#)

Help us grow online so we can reach to large audience:

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#) | [Flipboard](#)

Disclaimer

This program is created by Murshid Akram, founder of Thefitnessphantom.com. These guidelines are not formulated to suit any nutrient deficiencies, allergies or any other food related health problems. If you are an individual with such problems, you should consult an Accredited Practicing Dietitian or qualified health professional. The information provided here “as is” and for general health improvement recommendations only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this Book as a substitute for qualified professional health advice, diagnosis or treatment. Thefitnessphantom.com and Murshid Akram makes no warranties or representations, express or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced on this site.

The information is subject to professional differences of opinion, human error in preparing this information and unique differences in individuals’ situations. We are not liable for any loss resulting from any action taken or reliance made by you on any of the information or material contained in this file.

If you use, or otherwise rely on, any of the information you are responsible for ensuring, by independent verification, its currency, accuracy, completeness, reliability and relevance to your own personal and individual circumstances.

You should always obtain any appropriate professional health advice relevant to your particular circumstances. Copyright and all other intellectual property rights in materials contained in the Book are owned by, or licensed to, Thefitnessphantom.com No intellectual property rights or other rights in, and to, the information and materials on this site are transferred to any person who acquires or may use. Except as permitted under the applicable law in your location.

You may not adapt, reproduce, publish or distribute copies of any materials contained on our website or from our file (including, but not limited to text, logos, graphics, photographs, video clips, trademarks, garment graphics, sounds or images) in any form (including by e-mail or other electronic means).