

MUSCLE INERNO.COM'S BEST LIST

ABDOMINAL EXERCISES, BODY WEIGHT, NO EQUIPMENT

\*\*Please consult a physician before conducting these or any other form of exercise and review our Disclaimer.

Perform the following number of sets and reps based on your fitness level:  
(Add resistance-dumbbells, medicine ball, weight vest, resistance band, etc. if needed)

Beginner: 2 x 10 - 15 of each exercise  
Intermediate 3 x 15 - 20 of each exercise  
Advanced: 3 x 25 - 30 of each exercise

**(Best Abs) Double Abdominals: Supine, Super, Legs Straight, Narrow to Wide #2220**



**(Best Abs) Bicycle: Suspended #1103**



**(Best Abs) Plank: Elbows, Prone, Combo, Suck Ups #5985**



**Double Ab: Suspended with Torso Rotation at End Range #12636**



(Best Abs) Hip Lift: Full Range, Legs Straight, Supine #12684

