10 Best Muscle-Building Ab Exercises

Let's come clean from the start: We're not here to sell you on the single "best ab exercise ever." Too many organizations and authors have tried that, and the profusion of "winners" out there can make it confusing—especially because the studies backing them are always limited in one way or another.



- [ ] Hanging Leg Raise Or Knee Raise
- [ ] Machine Crunch
- [ ] Cable Pallof Press
- [ ] Kneeling Cable Crunch
- [ ] Decline-Bench Crunch With Medicine Ball
- [ ] Squat
- [ ] Decline Russian Twist With Medicine Ball
- [ ] Ab-Wheel Roll-Out
- [ ] Exercise-Ball Pike
- [ ] Plank

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