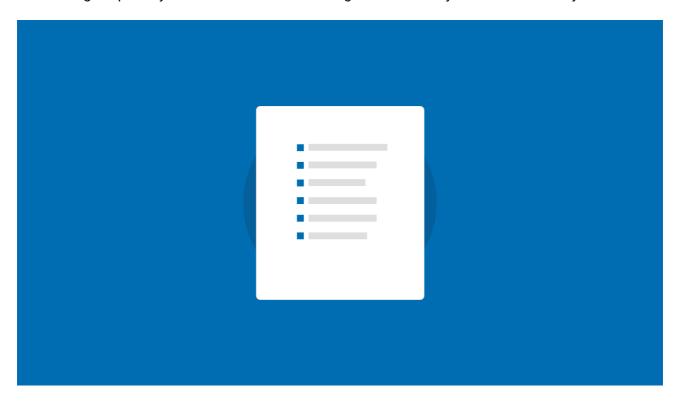
10 Best Muscle-Building Ab Exercises

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