

test Ab Exercises of All-Time  
By Men's Health  
Men's Health

Sculpt rock-hard abs with these new takes on a few classics.

### **Long-Arm Weighted Crunch**



This exercise targets your upper abs. Lie on your back with your knees bent and your feet flat on the floor. Hold a light dumbbell in each hand and extend your arms straight back beyond your head. Now crunch your rib cage toward your pelvis, keeping your shoulders still and your arms straight. Don't generate momentum with your arms. Perform 12 to 15 repetitions.

### **Seated Ab Crunch**



Sit on the edge of a bench. Grip the edge of the pad and lean back slightly, extending your legs down and away and keeping your heels 4 to 6 inches off the floor. Bend your knees and slowly raise your legs toward your chest. At the same time, lean forward with your upper body, allowing your chest to approach your thighs. Return to the starting position. Perform three sets of 12 repetitions.

## **Corkscrew**



This exercise targets both the lower abs and the obliques. Lie on your back, with your legs raised directly over your hips. Your knees should be slightly bent. Place your hands at your sides with the palms down. Use your lower abs to raise your hips off the floor and toward your rib cage, elevating your feet straight up. Simultaneously twist your hips to the right. Hold, then return to the starting position. Repeat, twisting to the left. Do 10 repetitions to each side.

## **Weighted One-Sided Crunch**



This exercise targets both the upper abs and the obliques. Lie with your knees bent and your feet flat on the floor, and hold a dumbbell with both hands by your right shoulder. Curl your torso up and rotate to the left. Lower yourself, finish the set on that side, then switch directions and repeat, holding the dumbbell next to your left shoulder. Perform three sets of eight repetitions to each side.

## **Kneeling Cable Crunch**



Kneel facing the pulley and hold the ends of a rope attached to the high cable along the sides of your face. Bend forward, aiming your chest at your pelvis. Return to the starting position, then repeat the movement, this time aiming your chest toward your left knee. Return, then repeat to your right. That's one repetition. Perform three sets of eight repetitions.

### **Crunch/Side-Bend Combo**



This exercise targets both the upper abs and the obliques. Lie on your back with your knees bent, feet on the floor, and hands behind your ears. Curl up so your shoulder blades are off the floor. Bend at the waist to your left, aiming your left armpit toward your left hip. Straighten, then bend to your right. Lower yourself to the starting position and repeat. Perform three sets of eight repetitions to each side.

Love Handles

By David Zinczenko

Men's Health

6 moves to crunch away fat and tone your obliques.

## Oblique V-Up



Lie on your side with your body in a straight line. Fold your arms across your chest. Keeping your legs together, lift them off the floor as you raise your top elbow toward your hip. The range of motion is short, but you should feel an intense contraction in your obliques.

10 repetitions each side (Beginner)

## Saxon Side Bend



Hold a pair of lightweight dumbbells over your head, in line with your shoulders, with your elbows slightly bent. Keep your back straight, and slowly bend directly to your left

side as far as possible without twisting your upper body. Pause, return to an upright position, then bend to your right side as far as possible.

6-10 repetitions on each side (Beginner to intermediate)

### Speed Rotation



Stand while holding a dumbbell with both hands in front of your midsection. Twist 90 degrees to the right, then 180 degrees to your left. Keep your abs tight and move fast. Bring to center. Alternate the side you start with.

10 repetitions each side (Intermediate)

### Two-Handed Wood Chop



Stand while holding a dumbbell in both hands next to your right ear. Flex your abs and rotate your torso to the left as you extend your arms and lower the dumbbell to the outside of your left knee. Lift it back, finish the set, and repeat on the other side.

10 repetitions each side (Intermediate)

### Medicine Ball Torso Rotation



Hold a medicine ball or basketball in front of you. Sit with your knees bent and your feet on the floor. Quickly twist to your left, and set the ball down behind your back. Twist to the right, and pick up the ball. Bring the ball around to your left, and set it down again. Repeat. Do the same number of repetitions in which you first twist to the left side as you do when you twist to the right side.

10 repetitions each side (Intermediate to advanced)

#### Side Jackknife



Raise your torso off the floor, with your left forearm on the floor for balance. Hold your other hand behind your right ear, with your elbow pointed toward your feet. Lift your legs toward your torso while keeping your torso stationary. Pause to feel the contraction on the right side of your waist. Then slowly lower your legs and repeat. Finish the set on that side, then lie on your right hip and do the same number of repetitions.

10 repetitions each side (Intermediate to advanced)