

**BEST AB EXERCISES: ABDOMINAL WORKOUT ROUTINE  
FOR CORE STRENGTH AND A FLAT STOMACH**

Rennae Whyte

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The best ab exercises and workouts for women to get a flat, toned stomach. Challenge your abs and strengthen your core in just 8 minutes a day. Simple Exercise Ball Workout Routines - The Best Bodybuilding Workouts Program Tricep.

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### **13 Flat Stomach Exercises You Can Do at Home - Winning**

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Engage your abs and squeeze your quads to keep your legs together as you jump your feet forward and to the right, bringing your knees toward your right elbow. This requires more work from your core to stay stable. By clicking continue below and using our sites or applications, you agree that we and our third party advertisers can: transfer your personal data to the United States or other countries, and process your personal data to serve you with personalized ads, subject to your choices as described above and in our privacy policy. Maketheseninemovespartofyouroverallfitnessregimen. To eliminate the guesswork, we asked Butler to share the most effective lower ab exercises. Even if you choose not to have your activity tracked by third parties for advertising services, you will still see non-personalized ads on our site. Bird Dog Crunch Start on your hands and knees in tabletop position with your wrists stacked under your shoulders and your knees stacked under your hips.

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