Home Ab Workout for Beginners

Six calm floor moves for a trunk that braces, holds and curls, no equipment: a first core workout that builds control before speed.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Core	Beginner	20 min	None

WARM UP

Once through, at an easy pace

Marching In Place



60 s

Cat-Cow Spine Stretch



8 reps

Glute Bridge

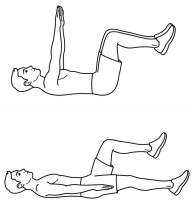


10 reps

MAIN

All sets of a move, then the next

1 Dead Bug

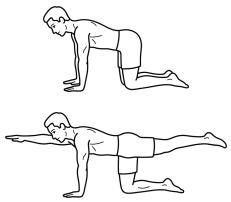


3 × 6

each side · rest 30 s

Lower back stays on the floor; slow beats far

2 Bird Dog

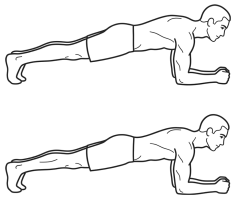


3 × 6

each side · rest 30 s

Hold the reach for two seconds

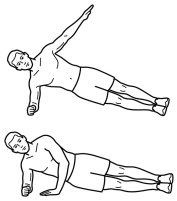
3 Forearm Plank



3 × 20 s

rest 30 s

4 Side Plank

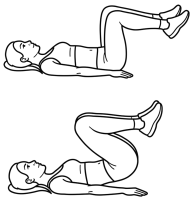


2 × 15 s

each side · rest 30 s

Bottom knee down to start

5 Reverse Crunch

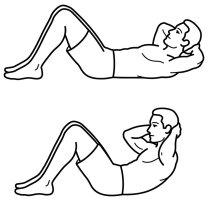


2 × 10

rest 30 s

Curl the hips up, no swinging

6 Crunch



2 × 12

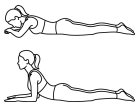
rest 30 s

Ribs toward hips, chin off the chest

COOL DOWN

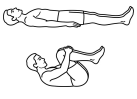
Once through, at an easy pace

Sphinx Pose



45 s

Lower-Back Knees-to-Chest Stretch



45 s

Child's Pose



60 s