

Best Exercises for Core Strength (Abs and Stability)

Primary keyword: best exercises for core strength

Read time: 7 min read

Quick summary

- Core training should build stability, anti-rotation control, and better movement.
- Planks, dead bugs, carries, and controlled leg raises outperform endless crunches for most people.
- Train the core two to four times weekly in short focused blocks.

Short core strength routine

Exercise 1: Dead bug - 2 to 3 sets of slow alternating reps with full exhale control.

Exercise 2: Front plank - 20 to 40 seconds with ribs down and glutes engaged.

Exercise 3: Side plank - 15 to 30 seconds per side with stacked posture.

Exercise 4: Reverse crunch - 8 to 12 reps with no swinging or neck tension.

Frequency: 2 to 4 times weekly - Add the routine after strength sessions or on mobility days.

Practical tips

- If your lower back is doing all the work, reset and reduce the difficulty.
- Breathing well makes core drills more effective, not easier.
- A short focused routine is usually enough; you do not need 20 minutes of ab work.
- Good core training should improve other exercises, not just leave you sore.

Conclusion

The best core exercises build stability first and visible strength second. When you train the core to resist movement well, the rest of your body usually performs better too.

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<https://fitwellbody.com/insights/best-exercises-for-core-strength>