1. ARMS-HIGH PARTIAL SITUP

Lie on your back and bend your knees at 90 degrees. Raise your arms straight overhead, and keep them pointing up throughout the exercise. Sit up halfway, then steadily return to the floor for one rep.

1. BARBELL ROLLOUT

Load the barbell with 10 pound plates and kneel behind it with your shoulders over the bar. Brace your abs and roll the bar forward, reaching in front of you until your hips are about to sag. Roll yourself back for one full rep.

1. BARBELL RUSSIAN TWIST

Grab the barbell (with no weights) near the very end with both hands. Stand with feet shoulder-width apart. Swing the bar to your left and then to your right, pivoting feet as needed.

1. EXERCISE BALL CRUNCH

Lie back on the exercise ball with feet shoulder-width apart on the floor. Your lower back should be supported by the ball. Place your hands behind your ears and tuck in your chin. Curl your body up off the ball until you’re sitting up.

1. FLUTTER KICK

Lie on your back with legs straight and arms by your sides. Lift your heels about 6 inches off the floor and rapidly kick your feet in a scissor-like motion.

1. HORIZONTAL CABLE WOODCHOP

Set an adjustable cable pulley (or attach a band to a sturdy object) to shoulder level and grasp the handle with both hands. Stand with feet shoulder-width apart, perpendicular to the anchor point, with arms extended. Stand far away enough so that there is tension on the cable. Twist away from the anchor point in a wood-chopping motion while keeping your feet stationary.

1. LEG RAISE

Lie on the floor and hold onto a bench or heavy chair for support. Keep legs extended and raise them until they are vertical. Lower them back down, but stop before they reach the floor to keep tension on your abs.

1. MEDICINE BALL TWIST

Sit on the floor in the upper position of a situp, and hold a medicine ball with both hands. Extend your arms in front of you. Twist your body to one side and then twist back, alternating sides.

1. MEDICINE BALL MOUNTAIN CLIMBER

Hold the medicine ball with both hands and get into a pushup position on the floor. Bring your left knee up to your chest, then return it to its original position while you raise your right knee.

1. PIKE TO SUPERMAN

Get into pushup position with your toes supported by the exercise ball. Bend your hips and roll the ball toward you so your torso becomes vertical. Roll back so that your body is straight again and extend your spine, then roll the ball up your legs so your body forms a straight line with arms extended overhead but your hands still on the floor. This completes one rep. Pull with your lats to return to the pushup position and begin the next rep.

1. PLANK

Get into pushup position with your forearms supporting your weight on the floor. Hold this position with your abs braced, keeping your body as straight as possible.

1. PULLUP KNEE RAISE

Hang from a pull-up bar with your hands outside of shoulder width, and palms facing away from you. Pull yourself up until your chin is over the bar, then raise your knees to your chest for one rep.

1. RESISTED REVERSE CRUNCH

Lie on your back on the floor, and wrap a resistance band around the arches of your feet. Cross the ends of the band over each other to make an X and grasp the ends with opposite hands. Bend your hips and knees so that your knees are near your chest and then crunch your torso off the floor. Extend your legs while you raise your arms overhead, keeping your shoulder blades off the floor, for one rep.

1. EXERCISE BALL ROLLOUT

Rest your forearms on the exercise ball with your legs extended behind you. Brace your abs and roll the ball forward as you extend your arms and hips. When you are about to lose tension in your abs, roll yourself back.

1. MEDICINE BALL SEATED KNEE TUCK

Sit on a bench and squeeze the medicine ball between your feet, and hold the bench for support. Extend and elevate your legs out in front of you and extend your torso so that your body forms a straight line. Crunch your torso forward and bring your knees to your chest.

1. SIDE PLANK

Lie on your side resting your forearm on the floor for support. Raise your hips off of the ground so that your body forms a straight line, and brace your abs. Your weight should be supported by the edge of your foot and your forearm. Hold the position with abs braced. When finished, switch sides and repeat.

1. SITUP AND THROW

Hold a medicine ball with both hands in front of your chest and sit on the floor. Anchor your feet under something sturdy for support, and lie back on the floor a few feet away from a sturdy wall. Sit up quickly and throw the ball into the wall, and catch the rebound.

1. WEIGHTED SITUP

Lie on the floor holding a weight against your chest. Bend your knees 90 degrees with your feet flat on the floor. Tuck your chin into your chest and sit up all the way for one rep.

1. HALF KNEELING CHOP

Kneel on the floor with your left leg forward and reach up over your left shoulder to grab a resistance band (affixed to something behind you). Pull it diagonally downward across your body to the outside of your right hip. After a set, switch sides and repeat.

1. MEDICINE BALL V-UP

Lie on your back on the floor holding a medicine ball with both hands behind your head. Extend your legs. Brace your abs and sit all the way up. Raise your legs simultaneously and reach for your toes with the ball so that your body forms a V shape.