WALKING LUNGES INTERMEDIATE

START

- Begin with feet shoulder width apart and hands on hips
- Keep core tight
- Body upright
- Facing forward

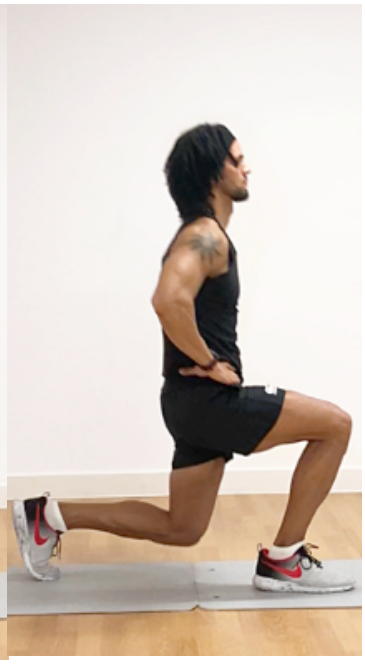
POSITION 1

- Step forward with one leg
- Flexing at the knees to drop your hips
- Lower until your rear knee nearly touches the ground
- Your posture should remain upright
- Your lead knee must remain above the front foot

POSITION 2

- Raise yourself up by driving through the heel of your lead foot
- Push your rear foot off the floor to meet the leading foot
- Keep body upright

END



- Repeat the lunge by moving the leg forward that was previously trailing

MUSCLES TARGETED

QUADRICEPS, HAMSTRINGS, GLUTES, AND CORE

- Walking Lunges are a great strength training exercise for the legs and bum
- When done properly, Walking Lunges can also tighten and strengthen your core muscles
- In the first movement you target the glutes, quads and hams when you move your leg forward
- The leg that trails is used for stability and balance and becomes the forward moving leg during the second movement of the walking lunge
- Because each leg is alternately engaged, the Walking Lunge is an intense workout for maximum thigh and glute development

NOTE

To engage the glutes more, take bigger steps. To focus more on your quads, use shorter lunges during the exercise. It is important to achieve good form with the walking lunge before adding weight. As you advance slowly, add weight and variations to the walking lunge exercise. If you have knee injuries or experience pain in any of your joints while performing the walking lunges, stop the exercise and consult your doctor.