

of the Exercise of the Month

June, 2016

Walking Lunge

Purpose: Leg strength

Target Muscles: Quadriceps

Assisting Muscles: Calves, Glutes, Hamstrings

Equipment Needed: None

Starting Position: Stand with feet shoulder width apart hands rest at sides or on hips.

Motion Phase 1: Step forward with one leg, flex the knees and drop the hips. Lower the body until the rear knee is just above the ground, keep the front knee over the foot. Posture is upright and core is engaged.

Motion Phase 2: Push through the heel of the front foot and extend the knees to raise the body.

Motion Phase 3: Step forward with the rear leg and repeat the motion on the opposite side. Make sure the back knee does not twist as it lowers. Repeat the motion.



Modification:

To modify, lower down half-way. If stability is an issue use an object to assist with balance.



From Corporate Fitness Works Team Leader, Andrea Douglas

Corporate Fitness Works, Inc.