

# Exercise of the Month

September 2018

## Overhead Walking Lunges

**Purpose:** Build upper and lower body strength, increase power in legs, and improve core strength and stability

**Target Muscles:** Quadriceps, Glutes, Hamstrings, Hip Flexors

**Assisting Muscles:** Shoulders, Trapezius (back), Core muscles

**Equipment Needed:** Body Bar (or 2 dumbbells)

**Start:** Hold the Body Bar in both hands over your head with your feet positioned shoulder width apart, knees slightly bent and core engaged.

**Movement Phase 1:** Keeping the Body Bar directly in line with your shoulder joint, take a comfortable step forward.

**Movement Phase 2:** Drop your hips down with both knees flexed at 90 degrees while maintaining alignment between the front ankle and knee (knee should remain behind the toes). Posture should remain upright with the arms overhead.

**Movement Phase 3:** Drive through the heel of your leading foot and extend both knees to rise back up. Step forward with your rear foot and repeat the lunge on the opposite leg.

**Repeat:** Complete 3 sets of 10 reps each leg (20 walking lunges total).

### Modification

*Beginner:* If overhead walking lunges are new to you, start with your arms overhead with little to no weight.



From Corporate Fitness Works Team Leader, Leanne Bishop

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