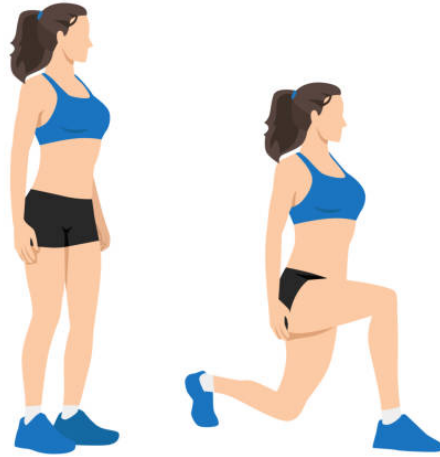


# Walking Lunges



## Instructions:

1. Stand with your feet hip-width apart, take a step forward with your right foot and then slowly bend both knees until your back knee is just above the floor.
2. Stand back up, take a step forward with your left foot and bend both knees until your back knee is just above the floor.
3. Stand back up, take a step forward with your left foot and bend both knees until your back knee is just above the floor.
4. Repeat this forward movement for the entire duration of the set.

## Proper Form and Breathing Pattern:

- Maintain your back straight, keep your shoulders back, tighten the abs and keep your weight in the front heel. Breathe in as you lunge, keep your feet hip-width apart and lower your body until your thigh and leg form a 90-degree angle. Breathe out as you push back up to the starting position and take a step forward.
- GOAL: 3 sets for 10 reps (20 steps)

## Exercise Benefits:

- Doing walking lunges helps to sculpt tone and strengthen your legs and glutes, and improves the flexibility of the hips. This exercise also engages your core and increases your balance and stability.