

Walking Lunges



Description: Complete 10 walking lunges, and repeat 3 times.

Instructions

1. Start with hands on your hips.
2. Lift your left foot up and take a large step forward.
3. Bend your right knee down towards the ground
4. Push off your left foot and bring your feet together to stand.
5. Repeat on the opposite side.
6. Continue in a forward motion until you have completed 10 lunges on each side, repeat 3 times.

Tips & Modifications

- Balance is key, make sure you maintain balance while lunging.
- Keep your back knee off the ground when lunging.
- Take smaller steps if you are having trouble maintaining balance.
- Keep your chest up during lunges, do not lean forward.
- If balance is an issue, perform this exercise stationary and use your partner or the wall for support.



Click here or scan the QR Code to the right to watch video instructions!

