Title: Dumbbell Walking Lunges

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves, Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding a pair of dumbbells at your sides, stand tall with your chest up and abdominals contracted. Begin the movement by stepping forward with the left foot.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Drop the back right knee towards the floor and keep the left knee bent. Drive yourself up and take a step forward with your right foot.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">The left knee will go towards the floor and you’ll bend the right knee. Continue this back and forth pattern. Be sure to keep the abdominals braced during the entire movement.</span></li>

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