Title: Bodyweight Walking Lunges

Primary Muscle Groups: Quadriceps

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

Summary: <ol>

<li>Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.</li>

<li>Step forward with either leg in a long stride. Keep your other foot in place behind you.</li>

<li>Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.</li>

<li>Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)</li>

<li>Hold for a count of one.</li>

<li>Push down through your front heel and extend both knees to return to the start position.</li>

<li>Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.</li>

<li>Repeat.</li>

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